LAWSONPOISE

AND

HOW TO GROW YOUNG

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Alfred W. Lawson, the founder of Lawsonomy, (a super science) which explains the cause and effect of universal movement, has been a deep thinker and practical experimenter all of his life. He is an advocate of Natural Law in its fullest significance and is interested in everything that will help to increase the scope of human intelligence. Literature, physics, economics, mechanics, invention, philosophy, and psychology have all received a share of his attention.

In his earlier manhood days, Lawson was a writer on various subjects and by this method he put into form, many notable works that have benefited mankind.

In his book "BORN AGAIN-" published in 1904, he showed at that early stage of his life that he had a considerable grasp of the laws which govern the universe and particularly those of physics, economics and psychology. In that book, which was republished in Germany in 1905, Lawson told how an entire nation could be asphyxiated during warfare by currents of poisonous gas administered by an enemy.

Many years later the Germans began the practice of poisonous gas in warfare on a smaller scale than Lawson indicated could be done, but today, scientists everywhere acknowledge that what Lawson pointed out many years ago is quite practical and that it is possible for an enemy to asphyxiate an entire nation by the use of poisonous gas.

Mr. Lawson also pointed out in "BORN AGAIN" many remarkable achievements that are within the reach of future man, some of which are as follows:

(1) That a city can be owned and operated exclusively by a community with great economic advantage and that it can be built entirely under one roof, a mile or more high. That the streets can run vertically as well as horizontally, with car service going upward and downward as well as forward and backward, at different levels and with suitable connections made altitudinally as well as latitudinally and longitudinally. That the interior of such a city can be irrigated with pure air containing the correct percentage of life giving oxygen, and it can be lighted properly everywhere at all times with natural sunlight.

(2) That sunlight is a substance and it is possible to harness or mix it with matter of a greater density and utilize it for lighting purposes.

(3) That it is possible for a person to see and hear what is going on in any part of the world through the power of extended mentality.

(4) That Telepathy, or Thought Transference is a mechanical process and can be acquired by the human race in a few generations by continuous desire and effort and practice.

(5) That it is possible for the human race to think collectively as well as singly and thus create a powerful earthly consciousness capable of directing the movements of cosmic formations.

For many years Alfred W. Lawson was interested in the development of aeronautics and took a leading part in the establishment of the movement to develop aircraft and air transportation in America.

Lawson founded and edited the magazine F L Y of Philadelphia in 1908, and also the magazine A I R C R A F T of New York in 1910. It was he who coined the word Aircraft and he had it registered in the United States Patent Office as a trademark.

His unusual understanding of physical laws enabled him to point out editorially to his co-workers in airology throughout the world how aircraft could be developed for war and commercial purposes. His remarkable statements published in F L Y and A I R C R A F T at various times between 1908 and 1912 that the airplane would be used as a fighting machine "just as soon as Germany, France and England decided to go to war" was more or less ridiculed by both public and aeronautic men alike at that early stage of the airplane.

Several years afterward, however, during the world war, when exactly what Lawson had written and published in his magazines actually happened, then those who remembered Lawson's published statements said that he must be a prophet with extraordinary powers, but Lawson said that what he had pointed out was simply a practical forecast based upon an understanding of physical and economic laws.

After the United States of America entered the world war, Lawson, besides designing and building airplanes for the government, also invented the "Trans Oceanic Float System" whereby a number of airplane carriers with landing decks were to be stationed at intervals of fifty miles apart across the ocean as guide points and supply stations for airplanes flying across the Atlantic in order that thousands of them could be sent to the battle lines in Europe in the quickest way and at the least cost in shipment.

The war ended before these plans could be carried out by the War and Navy Departments, but a year after the war was over the United States Navy Department proved the practical value of the plan, as far as flying boats were concerned by sending the first airplane across the Atlantic Ocean according to Lawson's Trans Oceanic Float System.

After the war Lawson invented the Commercial Airliner, which he described as follows:

"*A heavier-than-air-craft of commercial design with cabin capable of seating eighteen or more people and of sufficient height to allow passengers to walk erect from end to end without interference from cross wires or bracings of any sort.*"

In 1919, Lawson built a twenty-six passenger carrying airliner of that type in Milwaukee, Wisconsin, U. S. A. and amazed the world by navigating it himself from Milwaukee to New York and Washington, D. C. and return to Milwaukee after carrying several hundred passengers altogether between points and establishing many new aeronautic records

In 1920, Lawson invented and built "The Midnight Airliner" in which he introduced sleeping births, a shower bath, a heated cabin, a mail schute, and many other innovations for efficient and luxurious air transportation. He also introduced a method for transferring mail and passengers from the Airliner to a small airplane while both moved along together at the same rate of speed.

Lawson states that air navigation is a very simple proposition and that it will only take a few years of natural growth before it will be generally adopted by mankind for commercial as well as for war purposes. He says that there is no problem in air traffic that he has found impossible to solve and that it is merely a matter of capital catching up with the idea.

Alfred W. Lawson is one of the world's greatest benefactors. He gives practically all of his time to experimenting with advanced ideas from which he receives no compensation or reward of any kind for his efforts but from which mankind as a whole is tremendously benefited. He works out marvelous universal problems as a duty and gives the results of his labors away as one would give a pleasant smile, his main thought being, "is mankind ready for it?"

Lawson's contribution to humanity of the law of PENETRABILITY and ZIG-ZAG-AND-SWIRL MOVEMENT as well as LAWSONPOISE, or the key to Perpetual Movement, are but a few of many great universal principles he has in mind that will ultimately enrich the human race beyond calculation.

PREFACE

After many years of thought upon the subject I have worked out and understand the basic law that causes eternal movement of matter. I have also discovered that there is no such thing in the universe as energy. That is to say that there is no tangible form of Energy as has been taught to the civilized people of the world for a long time past.

My new law, which I have termed PENETRABILITY is mechanical in action and all movement from atom to Solar System and beyond is but an effect of it

The definition of the word PENETRABILITY as will be found in dictionaries is not my definition of the word at all, but as this word can express most clearly the idea I wish to convey, I have adopted it for the purpose.

I have also coined a new word—LAWSONPOISE—which briefly means, the balance between suction and pressure in their relationship to Penetrability. I might have found a word already in use that would have expressed the idea, but in order to avoid misunderstanding as much as possible as well as for the want of a better term I call it LAWSONPOISE.

The words Suction and Pressure I use because they express most clearly the idea I wish to convey although not having the exact meaning as the definitions found in various vocabularies. However, one will soon catch my meaning of these words as the general idea unfolds itself.

Other words I also use differently than generally accepted definitions are, Density and Substances. I use the word Density to mean all matter in the universe and Substances to mean the different forms of Density. In order to simplify the subject, I use the word Substance when speaking of solids, liquids, air. vapor, etc., while in reality, they are all combinations

of substances of different density.

When I speak of solids, liquids, air, gases, etc., as substances, it is to make as clear as possible, the idea of PENETRABILITY, although any of these substances are composed of other substances which in turn are composed of substances. I want to explain the idea and not split hairs on technicalities, and I also want the student to strive to grasp the great idea instead of wasting time trying to find flaws in the language used to express it.

The basic law that causes eternal movement of matter being a big subject, I realize that it may take some time for mankind to digest it in its entirity, so I intend to give it out in parcels.

While the law of LAWSONPOISE is principally applicable to eternal movement of matter throughout the universe, still I have found a way to apply the principle to a human being and thereby increase the length of life and power immeasurably. So I have decided that the physiological branch of PENETRABILITY and LAWSONPOISE will be given out as the first installment, while other branches of Physics, Chemistry, Astronomy and Economics can be taken up later in separate treatises.

It must be understood at the outset that I deny nothing that has already been proved, but that my discoveries are basic and immutable laws for Science to take hold of and be guided by. So far no one has ever proved what Energy is, for the simple reason that there is no such thing in the universe. But on the other hand my law of PENETRABILITY explains very clearly just how everything moves.

In this work I adopt everything Science has already proved physiologically that is in conformity

with my own basic laws but substitute alterations and additions where previous information was found inaccurate or limited. The theory that Energy has a tangible form is easily disproved and must be discarded as soon as Science understands the basic law of PENETRABILITY.

There is nothing according to the law of PENETRABILITY that discredits the practice of Medicine, however, in fact it upholds the principle and proves that Medical Science is a great essential and has already proved itself of incalculable benefit to the human race.

A physician, however, cannot be held responsible for either health or sickness. Every person is responsible, as a rule, for his own health or sickness, and the practitioner is merely called upon to repair the damage after the guilty one has broken Natural laws and forced himself into a disabled condition.

If a telegraph wire is broken and communication is disturbed between two points a repairman is needed to repair the damage. And likewise, if a mental fiber is disconnected or an organ, bone or muscle or tissue of the human frame is out of order a Physician or one skilled in such work must be called upon to repair the damage. Therefore, the Physician is no more or less than a human repairman.

But I say that if a person will understand himself and the Natural laws upon which he is created, nourished and moves about, and will treat himself according to those laws, that sickness will not appear at all and the repairman or Physician will not be needed. But as long as there are people in the world who break Natural laws, then insane asylums and hospitals will be needed and Physicians and Nurses

to repair the damages.

It is not the purpose of this work, however, to either agree or disagree with the different methods of treatment of people who are sick or disabled ,but to point out to the student how a human being is composed, how he is able to move, how he grows, and how he decomposes and passes away, as well as to show him how he can adjust himself so that sickness cannot disable him, and how he can retain or obtain the muscular elasticity and appearance of youth for an indefinite number of years, and how this can be accomplished without any outside help whatsoever.

Man is not his own architect but he is his own builder and he can learn and must learn how to build himself with the best materials and by the most efficient methods and upon correct principles.

Wishing for good health, however, will not bring it —the denial of ailments does not cure them nor cause them to disappear, for if that was the case life would be one pleasant dream after another, with neither effort nor laws to be bothered with. One must not distort his reasoning faculties by adopting such idiosyncracies, for if he does, he will soon find himself unable to reason at all or to analyze correctly any sort of a mental proposition or natural condition.

By distorting his mind with the fumes of opium a poor sick weakling can imagine that he is well and living the life of ease and comfort without effort, but that does not make it so any more than the deluded drunkard sees real snakes while in a state of Delirum Tremens. It is as easy to fall from one side of mental equilibrium as it is the other, and one must not disable his mind with fantastic notions that cause him to deny the realities of life.

FIRST UNDERSTAND THE PRINCIPLE UPON WHICH IT IS BASED AND YOU THEN BECOME MASTER OF THE SUBJECT.

CHAPTER 1

MAN, A NATURAL MACHINE

The most important thing in the universe to me is a human being, because I am one myself, and because I am steering my own course I think it is sensible to know something about the machinery which is under my control, and the laws which govern its movement.

Furthermore, if I can impart what knowledge I may have acquired to others that they may improve themselves and increase their efficiency, I feel that it is my duty to do so irrespective of all other considerations.

Before an air liner that will fly can be built, one must understand the natural laws upon which flight is based and then construct it to conform to those laws.

The same principle applies to a human machine as to a flying machine—we must understand the laws which govern us and conform to those laws.

Any aviator knows that if an airplane is not built correctly, it will not fly right. He knows that the more perfect the materials put into the machine and the greater care taken in its construction, the greater will be its performance and he further knows that the better care and attention he gives to it himself the better it will fly and the longer will be its life of usefulness.

During the past, thousands of aviators have lost their lives because they went aloft in aircraft that were faulty or because they did not understand their machines or were careless in handling them.

But while thousands of aviators have lost their lives by not knowing or taking care of their machines, quadtrillions of human beings have lost their lives

prematurely because they did not know their own bodies or how to take care of them.

Of all things that a human being should understand and care for the most is self. But of all things the average being knows the least about and gives the least care and attention to is self.

The average human being not only does not try to develop by the proper methods, but actually abuse self to the breakdown point and then blames everything but self for the misfortune.

If nature had not formulated very wise laws for man's protection against himself, mankind would long since have become extinct, a victim of his own foolish habits.

If a human being could have but one suit of clothes during his entire life, it is certain that he would treasure it above all things and endeavor by the most careful methods to make it last as long as possible. He would diligently study the art of making clothes and how best the materials of which it is composed could be strengthened and preserved and he would learn how to combat the ravaging elements which cause its decay.

A thousand times more diligently should he study how he himself is made, how the materials of which he is composed can be improved and how best to ward off the devouring elements which is gradually destroying him.

Preserving and improving materials, machines or human beings gives them longer life and greater efficiency and keeps them "younger" for a longer period.

If a man of 50 years has developed within himself the same efficiency physically as the average man of

25 years, then he is for all purposes demanding youthfulness as young as the average man of 25; or if at 100 years, he is as efficient as the average man of 50 years, then he is from a comparative point of view, but 50 years young.

One aviator will wreck an airplane the first time he takes it aloft, while another will make the same type of machine work for years—the difference lies in the knowledge and care of it.

One man will die at 25 while another will live to be 100 years of age.

A dead man is older than the oldest living man no matter what their respective ages may be.

A well old man is certainly more to be admired than a sick young man. He who is sick proves that he is weak and nature abhors weakness.

The prayer of man for eternal youth has been chanted throughout the ages and during the past the superstitious have journeyed great distances in search of a mythical fountain from which it were supposed old men could magically regain their former youth.

But nature does not recognize magic in any form. It bases its entire work upon immutable laws; laws which are well defined and certain.

Nature knows no pity and shows no favors; it establishes the rules and they must be abided by or the consequences taken.

Ignorance of the rules secures no leniency and we are supposed to learn them from observation and experience.

Nature's laws must be understood and obeyed down to the minutest detail in order to obtain the fullest scope along any line of growth or development.

A full grown cow cannot be made into a half grown calf and no man of 50 years of age will ever be made into a youth of 15 years of age—that is as true as the fundamental law upon which the universe is governed.

But nature does not set any limit to the length of man's life or efficiency and it is possible and absolutely certain that if man will learn and follow nature's laws that he can increase his efficiency and extend the length of his life indefinitely.

A man of 50 cannot return to the boy of 15 but he can so adjust himself to the rules which cause his growth that for a long period of time he can retain that same efficiency or even increase it.

The purpose of this work is to show how a man can, by following natural laws increase his efficiency and length of his life by from 25 per cent to 75 per cent and how mankind as a whole, can, by combined and continuous effort through many generations extend the average length of life to several hundred years and eliminate through natural process all weaklings and degraded people.

CHAPTER 2

MAN, A COMBINATION OF SUBSTANCES

Man, is a combination of substances drawn together by the power of suction and squeezed apart by the power of pressure, and is the outgrowth of all action between earth and sun as well as other cosmic influences.

If the action of the sun should suddenly change in its relation with the earth, and the substances of which man is composed were withheld from him, man would perish.

For instance if the composition of the atmosphere surrounding the earth was suddenly effected and the oxygen of the air we breathe was eliminated, the whole human race would die for the want of that substance.

But of course that could not happen without further action through out the entire universe, for according to the Law of Penetrability, every action either great or small, is dependent upon every other action in the whole universe.

Mankind has been visited from time to time with spasmodic floods, storms, fires, droughts, and pestilences which has decimated his numbers to some extent, but these were but the natural effects of Penetrability, although in many instances they were the result of man's own ignorance or carelessness.

It has required millions of years for nature to develop man up to his present standard and the substances of which he grew and upon which he is composed will not be changed or eliminated in a moment. Nature's rules are the same now as they were a million years ago. The changing cosmic conditions however,

will ,eventually but gradually change the action between the earth and sun which will also change the form and composition of man.

The general method of composition and decomposition upon which the life, growth, and death of man is based will remain forever although the substances of which he is composed will vary with changing cosmic action.

In studying himself, therefore, man will find that everything about himself which he can understand or prove is composed of matter. His entire frame, including his mental organs, is built up of substances of different density which can be made to hold together for a long period of time or which can be dissolved in a few seconds.

A fire, for instance, will quickly burn him up, or a little strong acid placed on his nose will cause the toughest probosis to evaporate. Do not prove this statement by trying it on yourself, just take my word for it.

The continual readjustment of matter by suction and pressure in their relationship with the basic law of Penetrability both creates and destroys alike but it is through the knowledge and utilizaation of these laws that man can preserve himself.

He must learn just what materials he is composed of and the cause of his own actions and then build himself up with the materials which are going to blend together to the greatest advantage and utilize the power gained thereby for increasing activities.

An automobile chauffeur would not put sand in the carburetor. of his motor for he knows that would stop the engine from running. A careful driver of a car takes particular pains to know that the gasoline he

uses is of the right quality and strained of all impurities. He also chooses the best grade of oil for lubricating purposes.

Just as the higher grades of gasoline and oil mean increased power ,and endurance to an automobile engine, so do the most nutritious foods, properly digested, mean increased power and length of activity to a human being.

Man's ability to think and investigate and then record the results of his experiments has proved a blessing for it enabled each succeeding generation to secure the knowledge of and improve upon the methods and advancement of the preceding one and thus build up a practical and continuous science that all succeeding generations are benefited by and can add to.

We are indebted to all preceding students and experimenters for what knowledge we possess today and the information we have on the composition and activities of the human machine.

Innumerable billions of patient, painstaking and painful human efforts have been expended during the past by man that he might know himself. And the sum total of his investigations and experiments set together like a great tree of knowledge can now be acquired by anybody, in exchange for the mere effort it takes to study and understand it.

CHAPTER 3

PENETRABILITY

If it were not for the Law of Penetrability, nothing in the universe would be able to move and all matter would be at a complete standstill.

The reason matter is able to move is because it is made up of different substances and owing to a greater or lessor density of these substances, they are able to penetrate one another, thus permitting movement.

If all substances were of equal density, one could not penetrate another and therefore everything would be stationary and the universe would contain no life or action of any sort.

For instance, steel of equal density will not penetrate steel but it will penetrate water which is of a different density. Water will not penetrate water of equal density, but it will penetrate air of a different density.

Now, matter is made up of many substances which we can differentiate as solids, liquids, air, vapors, gases, odors, heat, cold, light, electricity, sound, mentality, etc. Each of these substances are of a different density and this difference of density causes Penetrability and all movement.

The entire universe is filled with density or matter and there is no such thing as space without it. What has been called a vacuum or empty space is nothing more or less than space filled with substances of lessor density which draws toward it with a suction movement substances of a greater density.

Now, when one substance penetrates another substance, a displacement of matter takes place which

causes a suction movement that draws toward its center other matter and a new formation is composed which holds together and expands to the extent of the power of suction thus created.

This expanding movement goes on until resistance or the opposing power of pressure causes a contracting movement that squeezes apart again and decomposes the different substances brought together by the suction movement.

The ability of one substance to penetrate another substance causes a current to flow which carries along with it or moves any object in line of it of a movable nature. It is these moving currents caused by Penetrability owing to a difference in density that give to matter movement and constantly changing forms and conditions.

These moving currents are everywhere in the universe and while they are of different density and proportions still they all move by the same law. It makes no difference whether it is a water current moving a raft down stream, an air current moving a ship at sea, an electric current moving a trolley car, a blood current moving a corpuscle, or the greater currents that carry the earth and solar system and other formations through space or the lessor currents which carry the electrons along their avenues of movement, they all move by the same law of Penetrability.

Light passes through air in currents, heat passes through water in currents, sound passes through vapor in currents, mentality passes through solids in currents. It is the difference in density that causes this Penetrability. There is no such thing as a form of energy that moves anything in the universe.

When the currents of heat penetrate the air close to the surface of the earth, a lighter air combination is formed with less density than before and as the suction of the earth draws nearest to its crust matter of greater density, the colder heavier air is drawn downward to replace the warmer lighter air expanded by the substance heat and in this manner, air currents or winds are formed. So if a ship at sea with sails spread is in line of one of these currents, it will move along with it. The ship will be moved by a current of air caused by the penetrability of substances of different density and the power of suction towards the center of the earth moves both the current of air and the ship also. Such a thing as Energy has nothing to do with the movement.

When water runs down hill, it is drawn by the power of suction towards the center of the earth and it takes the line of the least resistance until it reaches its level, which is the nearest point towards the center of the earth that the crust of the earth will permit it to go. Because water is of greater density than air, it penetrates the air and the earths suction pulls it through it but because water is of a lessor density than the solid crust of the earth, it cannot penetrate it, and therefore, the earths suction can pull it no further. So Penetrability moves the substance water through the substance air in currents and if a raft is in line of one of these currents it moves along with it. The power of suction, then, moves both the current of water that moves the raft, as well as the raft through penetrable substance air until the impenetrable solid crust of the earth will allow them to go no further, and there is no such thing as Energy that has anything to do with that movement.

When the lungs of man expand, the space is filled with air drawn into them by the power of suction. This air is brought to the lungs in currents caused by suction, and if there are any particles of dust in line of these currents of air as they are being drawn into the nostrils, they also will move along with the current. Both air and dust then obtain their movement by the power of suction and not by some such unproved, elusive, and non-existent thing as text books refer to as Energy.

As the oxygen of the air is transfered from the lungs to the blood, it is accomplished by the power of suction which draws the blood to the heart in currents and every movable thing in line of those currents moves with them including the red corpuscles filled with oxygen. And there is no such thing as Energy that causes that movement.

After the heart has expanded to its fullest capacity with blood drawn into it by the power of suction, the reactive power of pressure causes the heart to contract which forces the blood to flow in currents to all parts of the body, carrying along with it, corpuscles, oxygen, and various nutritious substances drawn from the intestines by the power of suction. And there is no such thing as Energy that causes that movement.

When a muscle takes an expanding movement, it draws toward it through the power of suction, the various substances carried there by the blood from the lungs and intestines for building, heating and power purposes, and when a muscle takes a contracting movement, it forces away from it through the power of pressure, the decomposed matter caused by this action, which in turn is drawn back into the blood and is carried back to the heart and lungs and is

ejected from the body by the power of pressure. All these movements are made owing to the Penetrability of substances of different density which causes suction and pressure with expanding and contracting movements as far down the scale as it is possible to discern or as far up the scale as it is possible to go, and no such thing as Energy can be found that causes movement of any kind, either within or without the human frame.

Every particle of matter in the universe, in order to move at all, must be able to penetrate other matter of different density, and must be either pulled by suction or pushed by pressure through it.

The more action brought into any part, the more power of suction is created, and the more suction, the greater expansion and strength is caused by the drawing to that part new matter for the building up process.

The lack of action causes a lack of suction to any part, which results in the oppossing power of pressure squeezing or contracting that part until it shrinks and shrivles away.

As long as the power of suction can be kept greater than the power of pressure on any part, it will continue to expand and grow, and as long as the power of suction equals the power of pressure, the part will remain in the same condition, but as soon as the power of suction, through the loss of activity, falls below the power of pressure, then decay of that part takes place.

This applies to the entire system, or to any organ, bone, muscle, tissue or cell of the body. The law is the same whether it works on a cell or the whole body. In fact, this law works the same whether it be applied to an atom or the solar system, or beneath or beyond as the case may be.

CHAPTER 4

THE LAWSONPOISE

Lawsonpoise is a word coined for a distinctive purpose, the definition of which is explained in this Chapter.

This word has more significance than any other word ever used for it is the main spring of action; it is the center or balance without which nothing can move.

Lawsonpoise is the pivotal point of penetrability and the more perfect the poise, the more positive and lasting the movement. The more movement, the more life; the less movement, the less life.

The universe has a perfect Lawsonpoise because the balance between Suction and Pressure in their relationship with Penetrability is equal. Therefore, the universe cannot lose either matter or movement and will never wear out or become inoperative. Everything in it will move forever under constantly changing conditions.

Thus having a perfect Lawsonpoise, the universe is enabled to utilize all matter, and space without loss to itself and everything is used over and over again and again.

If man could acquire a perfect Lawsonpoise, and lose nothing through the process of composition and decomposition, he would not wear out, and he too could move forever. He could be in a continuous state of change like matter itself and with all of his organs functioning perfectly in their relationship with each other, he would become a perpetual machine.

A perfect Lawsonpoise is an equi-disposition of

composition and decomposition.

Man must adjust himself harmoniously with the chemical elements of which he is a part or he loses his Lawsonpoise and wears out.

Lawsonpoise is the foundation upon which endurance and activity stands. It is the fountain of life itself.

The lawsonpoise of a human being is effected principally in three ways: action, nourishment, rest. Food furnishes the material and fuel for the building of the system and the power necessary to operate it. Exercise stimulates the system and draws the material and strength to the parts set in motion. Relaxation rests the system or parts thereof to allow time for absorbing and storing up nourishment for further activity and building up purposes.

The proportionate counteraction of these three principles is the natural and only way through which a long and active life can be acquired.

The quality and quantity of food to nourish the body without depreciating its organs, the correct exercises to be taken to develop these organs up to their highest standard and the proper method of relaxation for recuperative purposes is what man must thoroughly understand and practice before he can reach a high degree of efficiency.

The improper functioning of man's movements causes a loss of lawsonpoise and the farther away from the pivotal point of balance he gets, the more lopsided he becomes and the more uncertain his movements with a consequent drag upon his vital organs which slows him up little by little until the drag becomes too great to endure, he goes beyond the shpere of balance entirely, topples over and collapses; and this always

happens at an age before he reaches his greatest possibilities. It is the continual leakage of balance therefore, that gradually breaks down the human system.

A human being passes through three distinct stages of life: youth—maturity—decline.

Youth is the period of growth in which the cellular system has not arrived at its fixed proportions.

Maturity is the period of fixed proportions in which the greatest activity is possible.

Decline is the period in which the cellular system is rotting away.

The disuse or lack of exercising any organ of the system causes it to rot so that the period of decline can begin at any age. The more of the cells of the system that are allowed to rot from disuse or lack of exercise, nourishment and rest the less the different organs of the system will function properly and the less power is generated for use and when a certain number of cells have rotted away and the action of the organs is weakened to a certain degree thereby, the whole system loses its power to act and dies.

Youth is an undeveloped stage which needs the outside influence of maturity to protect it from destruction and to shape its course while in a growing condition.

Maturity is the prime stage to reach and hold as long as possible. It is the vigorous and stable period, the age of power and reason. Once arrived at in a healthy condition, with all organs properly syncronized and working in harmony with natural laws, one owes it to himself, his offspring and mankind to get as near to a perfect lawsonpoise as possible and live as long as earthly conditions will allow.

CHAPTER 5

SUBSTANCES FOR ASSIMILATION

The human system is a mass of cells held together in various forms by tissues and connected with various organs which furnish them with nourishment and action. These cells are made up of protoplasm and when properly sustained and excersized, are able to increase their numbers which causes growth.

The human being is a complete machine with powers to direct its own movement and absorb nourishment from external sources.

Bringing in from the outside through the Power of Suction, substances which are prepared for and used in feeding the cells and creating action is called assimilation. No substance can be assimilated that does not harmonize chemically with these cells. Therefore, it is very essential to know the substances we take into our bodies and the way they are assimilated.

Being a self-operated machine, it not only becomes necessary for man to absorb certain materials that will build the machine and repair the parts which are constantly being used up, but also the materials that will furnish heat to the body and the power that moves it about.

The food we eat supplies the material for building and repairs as well as for heat and power. (According to my law of Penetrability, all power is caused by one substance penetrating another substance of different density which, causes a moving current and any movable thing in line of that current is thereby moved.)

Just as the hair of the head and the finger nails

need continual cutting to allow for the new growth to take place, so every part of the body must shed its material continuously in order for the new growth to take its place. Every bone and muscle of the body needs constant replacement and therefore the proper food must be eaten for this building up process.

The heat of the body is kept at a proper temperature by using up certain food materials and uniting them with the oxygen which is taken into the system with the air breathed.

While there are many kinds of food to eat, these foods upon examination will be found to contain many of the same substances in varying combinations.

The nitrogenous foods are called PROTEIDS and without them, the body would starve. These PROTEIDS—albumen, myosin, gluten, and casein build up the body, help to keep it in repair and also serve as a fuel for heat and movement.

Although albumen will be found in meat, milk and other articles of food, the white of an egg is one of the purest forms.

The lean part of meat after the gristle has been removed is called myosin.

The gummy mass that is left after water has been run through flour is gluten.

The curd or thick whitish substance of milk is casin.

It must not be understood, however, that eggs, meat, wheat and milk are the only proteid foods as some proteid will be found in almost all kinds of foods. Beans, peas and similar vegetables and nuts are rich in proteids.

While the proteids or building foods may be used

also to some extent for generating heat and power to the system, still there are in addition, three important food substances that act mainly as fuels—sugar, starch and fats. These supply us with heat and the power necessary to move.

Although the system requires a larger amount of the fuel foods than of the proteids, our diet must be made up of a mixture of both and the percentage of this mixture is a very important factor and has much to do with the condition and uses we make of our bodies.

While certain foods must be used for building and repair, there could be no building and repair unless other certain foods were used to create Suction and Pressure that moves the materials through muscular power.

While there might be plenty of brick and mortar ready for the construction of a house, still if there was no Power to move the brick and mortar into place, there could be no building done. So Suction and Pressure must be furnished to move the muscles that do the building.

A great many different kinds of foods contain sugar so that it is not necessary to eat the raw substance to get it into the system. Sugars from the cane, corn, fruits, beets or milk are equally valuable as fuel foods although of different degrees of sweetness.

Various foods such as corn, oats, wheat, potatoes and fruits contain starch.

The starch in food is changed to sugar when passing through the digestive organs.

Fats which are among the best fuel foods, come from both animals and vegetables. Butter and lard come from animals while olive and cottonseed oils come from vegetables.

In a living animal, fat is made up of numerous cells, each containing a microscopic drop of transparent liquid but when taken from the animal and subjected to a colder temperature than animal heat, these drops become solid and white in color. The innumerable tiny fat drops in milk is what gives it a white color.

The organic matter of the bones of our body are made up from the proteids. The harder mineral matter of the bone is lime and this lime is furnished in small quantities by such foods as meat, cereals, nuts, eggs and milk.

CHAPTER 6

THE BEGINNING OF FOOD DIGESTION

There are numerous changes the food we eat must undergo before its substance can be taken into the cells of the system and utilized for growth, replacement, heat and power and this work is called digestion.

Of all the organs of the system that man should give good treatment to are his digestive organs and still those are the organs that man usually gives the very worst treatment possible.

The first process of digestion is when the food enters the mouth.

The digestive juices of the stomach only act on the outsde of each piece of food so nature very wisely gave man a set of teeth for masticating purposes. With these teeth, therefore, man is supposed to tear apart and mash up into as small particles as possible, the food he eats so that it can be thoroughly mixed with saliva and go into the stomach in a suitable condition for digestion.

As an aid to the teeth in this work, nature furnished three pairs of salivary glands for the purpose of moistening the food with saliva and helpnig to change it from a solid to a liquid form and reforming its substances before passing it through the throat into the stomach.

One pair of these glands are located beneath the tongue, one pair in under the jaw and another just below and a little in front of the ears.

These glands are connected with the mouth by ducts which allow the passage of saliva to the mouth.

While there is a continuous flow of saliva to keep the mouth moistened, the act of chewing stimulates the action of the glands which increases the quantity as needed.

Digestion begins as soon as the food is mixed with saliva although that is but one change it passes through.

Saliva changes the starch of our foods into sugar and one will find that the longer most foods are chewed, the sweeter they taste.

The water in the saliva desolves some of the foods like sugar.

The gastric juices are aided largely in their work when food is chewed until it enters the stomach in a watery state.

Food sent to the stomach in a partly chewed condition forces the stomach to work under unnatural conditions and causes dyspepsia and other stomach and intestinal troubles.

To obtain the best digestive results, food should be taken into the mouth in a hard dry condition as this affords exercise to the teeth which is needed to strengthen them and also causes a generous supply of saliva to mix with the food. Such food thould be chewed from one hundred to two hundred times with each mouthful.

If food is swallowed too quickly, two parts of the machinery are thrown into disuse, the teeth which need the exercise and the salivary glands which produce the saliva that should have been mixed with the food, and that is one of the main drags put upon the system which causes the loss of Lawsonpoise.

Stimulating the flow of saliva that is not to be mixed with food for digestive purposes, such as

chewing gum or tobacco is a very harmful practice, for if spit out, it is wasted entirely and if swallowed in its crude state, it has a bad effect upon the digestive organs.

It is an injurious habit to drink at the same time one eats as that hastens the food into the stomach before it is properly chewed or has sufficient saliva mixed with it.

The most efficient method of digestion is to force those organs which nature placed in the system for that work, to do it without any aid from other sources whatever.

The disuse of any one organ throws double work on some other organ and sometimes causes injurious complications to arise through out the entire system. Drinking at meal times therefore should be avoided in order to give the juices of the secretive organs a chance to do their work alone and unhampered.

Milk being a food, if taken into the mouth separately and drank very slowly is permissible at a meal under conditions where the thirst must be quenched, but it is better to confine drinking entirely to times between meals.

Artificial aids to digestion or predigested foods cannot take the place of regular digestive functions. In fact they are detrimental to the system because the less we exercise the digestive organs the weaker they become and little by little, they lose their power and vitality until they become useless altogether.

CHAPTER 7

WHAT HAPPENS TO FOOD THAT IS EATEN

After the food has been torn to bits and mashed into a pulpy form through contact with the teeth and mixture with saliva, it is thrust back by the tongue into the throat after passing the tonsils, located one on each side of the opening.

It is generally understood that the tonsils have no special work to perform and that their removal would improve the system. That is erroneous idea. If for no other purpose, the tonsils act splendid as a danger signal by getting sore and giving warning that the system, through some one or more of its organs, has been mistreated and needs immediate attention before more serious complications take place.

These tonsils are of such a nature that they catch many impurities and bacteria that enter the mouth and nose that would otherwise have gone down into the throat, stomach and lungs, with more serious effects than they have on the tonsils. These impurities and bacteria can often be eliminated before they can do much damage to the system, if attended to quickly by frequently gargling the throat with warm salt water and avoiding the causes which produced the infection.

Right here, it is important to point out the danger of permitting the drippings from the nasal cavity, which collect in the throat, to go into the stomach. These drippings contain all sorts of impurities, which are breathed through the nostrils, and will cause various stomach troubles, if allowed to enter it. A habit can be formed of evacuating this collection from

the throat at convenient intervals. One must also form the habit of using a clean handkerchief at opportune moments, to receive the refuse from either the mouth or nostrils. To use an unclean handkerchief, is not only filthy, but is a very infectious practice.

The throat is a canal leading from the back of the mouth and nasal cavity into the oesophagus or gullet, through which tube the food passes into the stomach, and the trachea, through which tube the air passes into the lungs.

The trachea, or wind-pipe, is in front of the oesophagus and has an opening from the throat, called the glottis, and in order to prevent food passing this opening from entering the wind-pipe, the epi-glottis, an elastic lid, moves back and forth with each gulp, covering the entrance while food is passing, and leaving it open the rest of the time in order that a continuous flow of air can reach the lungs.

The food is forced down into the stomach by the muscles of the throat and oesophagus.

The stomach is a pouch, lying just below the ribs and a little to the left side of the body. It has two openings, each operated by a valve, one of which stops the food from passing back into the oesophagus, and the other prevents the food from leaving the stomach too soon. The outside cover of this pouch is composed of muscular fibres, running in all directions, which allow an elastic movement that increases or decreases its size as demanded by the quantity of food put into it.

The habit of over-eating naturally stretches this pouch and the whole abdominal region to an abnormal size, which not only causes the loss of Lawsonpoise, but sometimes gives to man, a most ungodly

appearance. It produces a hump on the front of man that denotes gluttony and lack of exercise and will-power. The hump-back man does not affix his untoward protuberance, but the hump-front man deliberately prefixes his own hump.

The inside lining of the stomach contains numberless minute glands which pour into the food gastric juice, and this mixture is churned about by the contraction and expansion of the muscular fibres until a grey, slimy mass, called chyme has been formed. As the food is churned in the stomach, the valve controlling the opening to the intestines opens and closes at intervals, allowing the chyme to pass along, and after three or four hours the whole mass passes through, leaving the stomach empty.

At such a time, it is very beneficial to flush the stomach with one or two glasses of warm water, and then give it a rest for one or two hours before eating more food. To eat oftener than every five hours, gives the stomach no chance to rest, which strains and weakens it.

It is also a very injurious practice to send food to the stomach in a hot or cold condition. The best digestive results are obtained generally when food and drink are partaken at about the same temperature as the heat of the body.

After leaving the stomach, the food goes into the intestines, or bowels, a long coiled tube which occupies most of the abdomen below the stomach. The smaller intestine, which connects directly with the stomach, is about twenty feet long, and from one to two inches in diameter; and the larger intestine is about five feet long, and two and one-half inches in diameter. When the food is in the intestines, it undergoes an-

other change by being mixed with bile and pancreatic fluids.

The bile comes from the liver, which lies a little above and to the right of the stomach, being passed through a tube to the intestines. When digestion is not taking place, this bile is held in the gall-bladder until needed.

The pancreas, which produces the pancreatic fluid, is a long, thin gland, lying just below the stomach. The foods that have not yet been dissolved by the saliva and gastric juices are finally made liquid by the bile and pancreatic fluids.

For instance, starch can be dissolved and changed into sugar when mixed with saliva, but what starch reaches the stomach is passed through unchanged by the gastric juice and after reaching the intestines, is changed into sugar by the pacnreatic fluid. This fluid also has the same effect upon proteids as the gastric juice, and dissolves any of them that pass through the stomach in a solid state.

Then, again, the gastric juice of the stomach, while dissolving the little sacs which hold fat, does not dissolve the fat itself, but passes it along into the intestines, where the pancreatic fluid breaks it up into numberless microscopic drops, which mixes with the other food and gives the whole a white appearance. This white mixture, which resumbles a thick milk, is called chyle, and its digested parts is what goes into the blood.

Food that is not digested cannot be taken into the blood, so that the lack of digestion means the lack of nourishment, no matter how much food is eaten. So, it is important to keep the digestive organs in good condition by giving to each its proper work to per-

form, and not force the stomach or intestines to undertake the work of the teeth or by crowding them with more food than is needed to keep the body in prime condition or that will not harmonize with the chemical composition of the system.

The long coiled intestine, containing the chyle, is held together by the mesentery membrane, which is wrapped about it in numerous folds. The inside of this membrane is lined with innumerable small projections, called villi, which, in turn, are covered with tiny cells that form the epithelium, and contain on the inside a great many very small blood-vessels, some of which bring blood to the intestines, and some take the blood away again. As the chyle passes along the villi absorbs the digested food and rejects the undigested and waste matters. After the food passes through the delicate membrane into the villus, the dissolved sugars, proteids, salt and water, are taken by the blood-vessels and carried by the blood to the liver, while the fat is taken by the lymph-vessels or lacteals, and is carried through the membrane surrounding the intestines up through the chest, back of the heart, and is emptied into one of the large blood-vessels in the neck.

As the chyle is forced through the intestines by their wriggling movements, the villus takes what food and water is needed, and the undigested food and excretions not needed become waste materials, and are passed out of the body in a more or less solid form.

It is absolutely essential that this waste matter be evacuated at least once or twice each day. It is well to form the habit of both a morning and evening movement of all refuse.

CHAPTER 8

HEART ACTION AND BLOOD MOVEMENT

When the food enters the blood, after it has been prepared for that purpose by the teeth, saliva, gastric juice, bile and pancreatic fluids, then it is ready to be fed to the different cells throughout the system, and this is accomplished by the circulation of the blood.

The circulation plan consists of two complete sets of tubes of various sizes running to and from the heart to all parts of the body. These tubes taper in size as they spread out the farther away from the heart they reach. They remind one of a great river splitting up into smaller rivers with their various branches being divided into smaller streams and brooks. One of these sets of tubes—the arteries—carries the blood with the food and oxygen to all of the different cells of the system, and the other set of tubes—the veins—carries the blood back to the heart again, after it has given up to the cells the food and oxygen, and taken in its place, waste matter which is finally thrown out of the system through the expiration of the lungs. It further reminds one of a city water system, in which the pure water is drawn from a lake and is pumped into large central pipes, which empty into smaller street pipes, and into still smaller house pipes, and is finally let out through a faucet as needed. That is the artery plan. But after the water reaches the houses, which can be compared to the cells of the system, and it has been used for washing bodies, clothes, dishes, and the floors and walls of the house, and all of the vitality has been taken out of

the water, and left it in an impure state, with a collection of waste matter, a suitable means is arranged to get rid of it again. This is accomplished by another set of pipes running from the bath-tub and the kitchen sink to a larger set of street pipes which empty into a still larger central pipe, that finally empties the whole mass of water, with its collection of civic impurities, back into the lake again. That is the work of the veins.

When the food goes to the liver, which is a sort of an emergency store-house for both food and blood, it must still pass on to the heart and lungs, and back to the heart again, before it is started on the journey to feed the cells in all parts of the body; therefore, it passes through a vein from the liver to the right side of the heart.

The blood, which forms about one-twelfth of the weight of the body, and circulates throughout the system, carries other materials besides digested food. It is composed mainly of a watery liquid called plasma, and floating about in this plasma are two kinds of corpuscles, one red, and one white. In a healthy person's blood, there should be about 300 red corpuscles to one white corpuscle, and there are as many as five million red corpuscles to each drop of blood. That is why the blood appears red in color. A weak or pale person has too many white corpuscles in the blood, and not enough red ones. The red corpuscles are the oxygen carriers of the system, and when the blood passes through the lungs, they take in a supply of oxygen and carry it to some cell in the body that needs it, and when completely filled with oxygen, they give to the blood a rich scarlet hue. The white corpuscles are transparent, with a slight bluish shade,

and have a very important work to perform. While the red corpuscles are confined to the regular course, through which the blood carries them, the white corpuscles are able to pass through the walls of the blood-vessels and move about freely among the muscles and different parts of the system, where they pick up and carry away microscopic substances that would cause disease, if not eliminated.

The heart is a pear-shaped organ, stationed in the chest, a little below the neck, and mostly on the left side. It, with the lungs, almost fills the thoracic cavity, which is separated from the abdomen by a thin muscle partition, called the diaphragm, upon which the smaller and lower part of the heart rests. The heart is hollow, with a wall dividing it lengthwise into two parts which in turn, have partitions running crosswise, which make four cavities altogether within it. The two upper cavities are known as the auricle, and the two lower cavities are the ventricle. There is a valve between the right auricle and the right ventricle; but no opening whatever between the right and left sides.

The purpose of the heart is to keep the blood in constant movement and this is accomplished by a pumping action through the contraction and expansion of the muscular walls of the heart. The blood is squeezed out by pressure and contraction, and drawn in by suction and expansion. This happens in the average adult about seventy times every minute, but in children at a faster rate. The veins bring the blood to the heart, and the arteries carry it away. As the heart expands, the blood, which has been circulating through the system and is filled with impurities, is drawn into the right auricle from the large veins

coming from the body and head, filling both the right auricle and the right ventricle, and then as it contracts this impure blood is forced by pressure into the pulmonary artery, through which it passes to the lungs to be purified; after which it passes back through the pulmonary veins to the left auricle of the heart and fills both the left auricle and left ventricle with the revitalized blood, from whence it is forced through the large artery, called the aorta, and into the smaller arteries and capillaries throughout the entire system.

The power of pressure and contraction is greater on the left side of the heart than on the right side, because the left ventricle has to contract with sufficient force to send the pure blood to all parts of the body; while the right ventricle has only to contract with just enough force to send the impure blood to the lungs, which are situated nearby, therefore, the walls of the left ventricle are heavier and stronger than those of the right ventricle.

The heart is the most powerful instrument of the system—it is the center of physical action, and it could go on working indefinitely if the other organs were properly attuned to it. As nature arranged, it works and rests alternately, and never passes an hour, minute or second without taking a proportionate rest after each strenuous movement. It takes about three-tenths of a second in beating, and then four-tenths of a second at rest, so that it really takes more time for rest than it does for work. Therefore, if the heart rests four-tenths of a second after each beat, and it beats seventy times a minute, its aggregate rest would be eleven and two-tenths hours every day; and in order to balance the whole system harmoni-

ously with its chief organ, the same amount of time must be given to the body for rest, otherwise a drag on the Lawsonpoise results with a consequent weakening and gradual wearing out of all parts of the system. The oftener the body is exercised and relaxed, the stronger it becomes.

If the heart beats seventy times to a second, then there are seventy different spurts of blood forced through the arteries each second, and these pass along in the shape of waves. The action of these waves is known as the pulse, and can be felt most plainly at the wrist, where the artery passes very close to the surface. The heart beats faster when exercise is taken, or when the mind becomes excited through joy or anger; while sorrow or depression of spirits, or loss of Lawsonpoise, causes it to beat more slowly. If the ear is placed over the heart, two distinct sounds can be heard with every beat. These sounds vary with the condition of the body, and a physician knows, when listening to them, whether or not the heart is impaired.

The largest artery of the system is the aorta, which connects with the left ventricle and leads to the main branches, which go to the head and body. These branches are divided again and again into many smaller branches, and finally become so small that they cannot be seen without the aid of a microscope. These minute branches are capillaries, from which the cells receive their oxygen and nourishment from the blood.

After the blood has discharged its cargo of life-giving materials to the various cells of the system, and is re-loaded with the waste matter, it is then drawn back to the heart again, through the veins, which act

as the sewer pipes of the body.

The circulation of the blood, then, is maintained by the expansion and contraction movements of the heart. With the expanding or suction movement, the impure blood is drawn into the right side, and the purified blood into the left side, of the heart, and with the contracting or pressure movement, the impure blood is forced from the right side of the heart to the lungs, and from the left side the purified blood is forced throughout the system.

Blood circulation is controlled almost entirely by the heart, which has its own mental system, although it comes under the superdirection of the brain to a large extent. The heart is able to do its work independent of the brain, and if removed from the body entirely, could continue to beat until its supply of oxygen and nourishment became exhausted. There are, however, two mental fibres passing from the brain to the heart, over which constant communication between the two is carried on. The brain keeps the heart informed on what is taking place, throughout the entire system, and instructs it when and where to send blood more quickly and in added quantities, as needed by the muscles for extra exertions; all of which happens unconsciously.

Muscle fibres throughout the body are all connected with the brain or spinal cord by mental fibres, and can be made to contract or relax, and in this way the flow of blood in any organ can be regulated.

That part of the system which is most actively exercised creates the greatest power of suction and is the part which needs the most blood, as that is what brings it nourishment, and the more vigorously it is exercised, the larger quantity of blood it requires.

The harder the brain is worked, the more blood is necessary to sustain it, and after a big meal, the stomach and intestines must have a large quantity of blood for the work of digestion. A larger flow of blood is allowed to enter the stomach and intestines more quickly than usual, through the relaxing of the small arteries brought about by the action of the vaso-motor nerves.

It is a bad practice to do any work, either physical or mental, immediately after eating a meal, for if the blood is withdrawn from the stomach, proper digestion of the food is impossible.

The temperature of the blood of a normal person is about 98° and is not effected in the interior of the body, no matter what the outside weather conditions register. If the body appears likely to become too warm from exercise, the blood-vessels relax, and the blood is sent to the skin to be cooled, as this is the way the system has of cooling its blood; while if the body lacks heat, the blood-vessels contract and the warm blood is kept away from the colder surface of the skin.

CHAPTER 9

OPERATION OF THE LUNGS

Without the lungs, the body of man would be entirely useless for there could be no movement of any organ or muscle of the system whatsoever. It requires force to move the muscles and this force as well as heat, is obtained through uniting the oxygen gas of the air we breathe to the food we eat which causes oxidation and this burning effect produces a waste gas known as carbon dioxide which must be thrown out of the system as quickly as possible or stagnation and death results.

Taking the oxygen into the blood and eliminating the carbon dioxide is accomplished by the process of respiration, caused by the power of suction and pressure.

For the purpose of breathing a passageway has been provided from the nostrils to the lungs. Air can also be drawn in and squeezed out through the mouth, but that leads to various complications which are injurious to the system. If a practice is made of breathing through the mouth, the nostrils are then denied their regular exercise and therefore in time, would lose the power of functioning as an organ altogether. Mouth breathing brings on throat and lung trouble by passing cold air too quickly to those organs as well as permitting too much dust and other extraneous matter to pass through more easily. The nose is constructed in such a way that its moistened walls, narrow windings and hairs catch the dust and stops it from entering the lungs as well as warming the air before it reaches its destination.

After the air passes the throat it enters the windpipe which is held open by a number of cartilage rings at the upper end of which is situated the larnyx or Adam's apple.

Inside of the larnyx are the vocal cords which produce various sounds when used for talking or squeaking. Through the development of these vocal cords, man was enabled to combine sounds and create a language consisting of many thousands of words and through this language record permanently his thoughts and impressions for following generations to be guided by.

From the larnyx, the windpipe goes in a straight course through the neck to the chest where it divides into two branches one of which enters each lung. There are two lungs, one on each side of the chest and they are like a pair of elastic bags which become inflated when filled with air through the power of suction and deflated when the air is squeezed out of them through the power of pressure. The lungs work on the contraction and expansion principle—they force out from within when contracting and draw in from without when expanding.

The tubes leading into the lungs from the windpipe divides into small branches like the limbs of a tree and are again divided and subdivided until they reach the outermost twigs and finally connect with innumerable minute sacs or air chambers. With the suction of the air through the nostrils, throat and windpipe into the lungs, these minute sacs fill with air, causing the expansion of the lungs and as the air is squeezed out of them by the reactive pressure movement, it results in the contraction of the lungs.

When the pulmonary artery which carries the flow of impure blood from the right ventricle of the heart to the lungs, it becomes divided and subdivided into smaller tubes which lead to the minute capillaries which form a net around the air sacs. The walls between the capillaries and the air sacs are arranged in such a way that only gases can penetarte them. When the right ventricle of the heart contracts, it forces the impure blood through the pulmonary artery and into the capillaries surrounding the air sacs and the carbon dioxide gases which are brought from the different cells of the entire system by the red corpuscles of the blood are ejected into the air sacs and with the contracting movement of the lungs are squeezed out of the system entirely through the windpipe, throat and nostrils.

And then when the left auricle expands, it creates a suction which draws the blood back to the heart again and the red corpuscles which have discharged their cargo of impure gases and are empty, by the same suction movement draws into the vacuum, a supply of oxygen which is carried by the blood to the left auricle and then forced by the contraction of the left ventricle to all parts of the body. It is a simple principle—the law of suction and pressure causing expansion and contraction—there are only two movements—draw in and squeeze out: still there could be no life in the universe without it. It is when man loses the power to draw in in equal proportion to what he squeezes out that decomposition begins and little by little, he loses Lawsonpoise and the strength to hold together and finally that which was him in flesh passes away.

Then again the equal disposition of the building up

and the tearing down elements throughout his entire system would allow man to live forever but this can only be accomplished by all of the organs of the system being perfectly functioned with each other which would mean a perfect Lawsonpoise.

The lungs are encased in the chest which is closed front and back, at the sides and on top by the ribs, back bone, muscles and skin and at the bottom by the diaphragm and has no opening except through the windpipe. With each inhalation of air, the muscles of the diaphragm shorten pulling it downward, thus enlarging the space in the chest to make room for the inflated lungs. This space is further enlarged by the movements of the ribs upward and outward by the muscles which surround them. With the exhalation of air, the muscles of the ribs relax and they fall into their first position while the diaphragm also relaxes and is pushed upward into its former position by the abdominal organs which has been compressed by the inhalation movement.

The lungs of the average adult hold approximately 350 cubic inches of air and when the body is at rest, changes about 30 cubic inches of air with each breath which shows that only a small portion of the air in the lungs is changed when the body is relaxed. Thus, if a man continued to rest all of his time, only about one-sixth of his lung capacity would be utilized and five-fifths would be thrown into disuse and the decomposed materials would be gradually squeezed out of his system by the pressure movement. The largest portion of his lung power would be wasted—deliberately thrown away.

Therefore, to keep the lungs in proper condition that they will be able to do their proper work and

function with the other organs of the system, a larger portion of their capacity must be used each day. This can only be accomplished by vigorous exercise of the whole body which causes a rapid contracting and expanding movement which causes the air to flow in and out of the lungs more rapidly and in greater quantities, thus filling completely, the lungs and allowing every little air sac to be replenished with fresh oxygen and to cast out the carbonic dioxide gases in their regular order.

Occasional deep breathing, therefore, becomes essential for the preservation and power of the lungs but this deep breathing must be forced upon the lungs by the muscles of the entire system and not by merely exercising the muscles of the chest in order to function the lungs with the other organs and obtain Lawson-poise.

Deep breathing that is not caused by muscular movement of the whole body may have a beneficial result in supplying the lungs with fresh air occasionally, but if the muscles of the chest should be relied upon altogether for this purpose other muscles of the body would be thrown into disuse and would become weakened, thus creating a weak link in the chain of organs.

The length of man's life depend upon his weakest organ. The healthiest pair of lungs in the world would be useless if the heart failed to work and the strongest heart on earth would be of no avail if the windpipe would not function.

Running is one of the very best forms of exercise to bring into play, all of the muscles of the system and it creates natural deep breathing. The man is indeed very old, who has lost his power to run.

When man runs, it forces the muscles in his feet, legs, hips, abdomen, back, shoulders, neck, head and arms into general action, which makes necessary, combined power which requires the burning up of considerable fuel. This in turn needs an extra amount of oxygen immediately for the extra exertion of the muscles so in order to supply it quickly, the heart is called upon to draw in and squeeze out the blood which carries the oxygen to the muscle cells more quickly and in greater quantities in order to oxidize the digested food.

So as the blood flows faster through the arteries with more oxygen and back again through the veins with the waste gases it naturally forces the lungs to increased action in squeezing out the waste gases and in drawing in the added supply of oxygen needed, and for that reason, the lungs expand and contract more rapidly and thus causes deep breathing and proper exercise for all of the little air chambers in their natural way.

CHAPTER 10

BONE AND MUSCLE

In order to give the body form and enable it to move about from place to place, bone and muscle are necessary, and it is to keep these in good repair and service that the stomach, heart and lungs are largely needed for. Without a bone framework to support him, man could not stand erect, and he would have to lie flat upon the ground and wriggle himself around and without muscle, he could not move at all.

The two hundred bones of various shapes and sizes forming the framework of man is the skeleton, and this is principally supported by a backbone which is made up of a number of small bones called vertebrae. All animals that have backbones are called vertebrates.

The skull set at the top of the backbone, is one of the most important parts of the body, encasing as it does, the brain and organs of the senses.

The heart and lungs are protected by the ribs which surround them from the backbone to the breastbone or sternum. The bones of the arms and legs are the longest and strongest of the body, and must bear the heaviest strain. All of the bones of the body, although of different sizes and shapes, are constructed so as to permit the minimum weight for the maximum strength. The bones of the arms and legs are of a light, spongy nature at the ends and hollow throughout their length.

The composition of bone are made up of two kinds of material—animal and mineral—which combination forms a substance that is strong and hard. The

animal matter furnishes the strength and the mineral matter furnishes the hardness. If a bone is burned with fire, the animal matter passes away in gases, while the mineral matter remains as ashes. When a man is cremated, therefore, all that is left of him, are his mineral remains.

At the time of birth, the bones of a child contain no mineral matter, and are therefore, soft and pliable. Little by little, however, the mineral matter is absorbed into the growing child until finally the bones become stiff and hard. As the bones of a child are most flexible in its youngest period, great care should be taken in their development, so that they may grow into the most efficient forms. The bones should be given every chance to grow as large and strong as nature will permit by the proper amount of exercise, nourishment and rest needed each day.

Wearing clothing that has a tendency to compress the bones causes deformity and especially tight shoes, heavy hats, or belts around the waist and garters around the legs are injurious.

All of the bones of the body are supplied with blood vessels through which their nourishment is derived and by which means they are gradually replaced by new, live matter.

There are parts of the body which have use for a substance more flexible than bone and tougher than muscle, and this substance is called cartialge. Between each vertebra of the backbone, are cushions of cartilage which not only allow the backbone to stretch and twist, but also absorb the shock that the body would receive if the bones touched each other when the body moves about and especially so, when running or jumping. The ribs are also united to the breastbone

by small pieces of cartilage, and the outer ear is composed of cartilage covered with skin. There are also pieces of cartilage around the larynx.

With all of the bones, cartilage and muscles of the body, however, if it were not for the joints, the body could not be moved and an accident to a joint, therefore, causes lameness or stiffness of movement. There are two kinds of joints—the ball-and-socket joint and the hinge joint. A hinge joint permits the joints to be moved back and forth only, while the ball-and-socket joint allows movement in all directions.

At the elbow will be found a hinge joint and at the shoulder, a ball-and-socket joint. The ends of the bones forming the hinge joint are large, rounded and smooth and are covered with a layer of soft cartilage and adjusted so as to permit of easy movement. The bones of the joints are also surrounded by a thin membrane which produces a liquid that moistens the ends of the bone and thus prevents friction. The ends of the bones are fastened together by ligaments and muscles to keep them in their positions and give motion to them. From the ends of the muscles, the tendons pass down over the joints and are attached to the bones below. Covering the bones, muscles, tendons and ligaments is the skin which forms a wall of protection for them all against outside influences.

At the shoulder, the upper end of the arm-bone is rounded like a ball and fits into a hollow cavity in the shoulder blade, and while bound together in a similar way to the elbow, a loose, leathery sack is also fastened to the shoulder blade and passing over the joint at all sides, is attached to the upper end of the arm bone, thus making a complete covering for the joint.

A bone pulled out of place in its socket is called a dislocation, while a strain in one or more of the ligaments is called a sprain.

In case of a dislocation, a physician should be called at once, to attend to it, but in case of a sprain, the parts should be moved about in very hot and very cold water alternately with resting spells interspersed until the ligaments have regained their normal elasticity. Allowing strained ligaments to set without movement, causes stiffness which takes a longer period to get rid of them than if they are forced to retain their elastic qualities by exercise.

The power of moving the body is supplied through the muscles; the joints, ligaments, and tendons by themselves can produce no movement.

The lean meat of the body consists of muscles and these muscles are attached to the bones by cords or tendons. These tendons are of various lengths and a number of them at the ankle run from the leg to the toes or at the wrist from the arm to the fingers. The power of the grip in a handshake comes principally through the muscles of the arm, although the tendons, ligaments, and bones must be equal to the strains put upon them through the contraction of the muscles.

The muscles are composed of innumerable microscopic threads or fibres running lengthwise and fastened to each other by minute connecting bands. Innumerable small blood vessels or capillaries circulate among these fibres, bringing nourishment and power to the muscles. The proteids of the digested food from the stomach is carried by the blood, help to make new muscle tissue, to replace that which is constantly being used up, while the sugars and fat

with some of the proteids furnish power and heat.

The food is oxidized in the muscles by the oxygen brought from the lungs by the red blood corpuscles and by this means, the force is developed which gives the muscles the power to contract and also produce the heat which warms the body.

There are a number of muscles of the body over which there is no conscious control such as those which make up the walls of the intestines and stomach that churns and propels the food or those which expand and contract the arteries that regulates the flow of blood; these are called involuntary muscles. They are somewhat different from the voluntary muscles in shape being flat masses of microscopic fibres bound together and they are also more sluggish in their movements.

It is the contraction of a muscle that creates the power that moves the different parts of the body and by concerted effort, enables the movement of the whole body from place to place. Each muscle is opposed by a counteracting muscle which pulls the parts moved back into place again after each exertion. When one muscle contracts the other one is lengthened.

The muscles of the body would never move at all if it were not for the mental fibres, with which they are connected, each one of which connects with a muscle fibre. These fibres are all connected with the spinal cord and brain. The muscles are told how and when to move by the stimulas sent by the brain through these fibres to the numberless mental organisms scattered all over the system.

The brain is the director of all physical action, both voluntary and involuntary, and the control it exercises over the muscle, is remarkable. By the direction

of the brain, the muscles can be made to act either singly or collectively and when a man runs, a hundred or more muscles must work together in unison, each and all of them receiving stimulas from the brain. There are more than two hundred muscles of different shapes and sizes in the body, the most of them being fastened to at least two bones, allowing movements in any direction that the joints will permit.

The strength of the muscle depends upon the way they are exercised for the more they are used, the stronger they become. It is not for the best interest of the system, however, to over-develop one set of muscles and neglect others. The body will be much stronger as a whole and the Lawsonpoise greater if all of the muscles are given equal and moderate exercise.

In fact, the muscles should never be developed beyond the standard that can be maintained throughout the entire life of the body, for it is the disuse of portions of the body once developed that starts decomposition and finally ends in death. When muscles are not used, they become weaker and smaller and in time lose all of their power entirely.

It is the life of man to keep all muscles exercises up to a healthy standard and the death of him to neglect doing so.

CHAPTER 11

KIDNEYS AND THE SKIN

A mature body must be able to get rid of an equal quantity of material as it absorbs. The purpose of eating food is to replace the constantly wearing out material of the body, as well as to furnish it with fuel for heat and Power. Therefore, proper arrangements for the elimination of waste matter is just as essential as the arrangement for feeding the body.

A large proportion of the food eaten is not taken into the blood at all, but is passed out at the vent, after leaving the intestines. After the fuel foods have been carried by the blood to the muscles and are oxidized, more waste matter is produced in carbon dioxides, water and other substances. The carbon dioxide and some water is taken by the blood and breathed out of the lungs. A large quantity of water is eliminated by the kidneys and skin. Another waste product, called urea is absorbed from the blood by the kidneys and passes out of the body in the urine.

There are two kinds of material produced in the body which are known as secretions and excretions. The excretions are the waste products, such as the urea and carbon dioxide, while the secretions, such as saliva, gastric juice, and pancreatic fluid, which are produced by the glands, have a useful work to perform.

Urea is eliminated from the body by the kidneys—a pair of organs situated in the back part of the abdomen, close to the backbone and behind and below the stomach. Each kidney of an adult is about four inches long and one and a half inches wide.

The blood is carried to each kidney through a large artery and taken away again through a large vein. A tube known as the ureter carries the material removed from the blood by the kidney to the bladder. The kidney is composed of innumerable blood vessels and a series of small tubes known as tabules. These tabules take from the blood the urea and other materials, and a large quantity of water, which passes through the ureters into the bladder and out of the body.

The skin acts as a covering for the entire body as well as a means for regulating its heat and eliminating waste matter.

The skin has two layers, the outside one being the epidermis and the inside one the dermis. The epidermis contains neither blood vessels nor nerves, and therefore, has no feeling. The dermis contains innumerable nerves and blood vessels and is very sensitive, especially to cold and heat. The epidermis, which is constantly being worn away, is furnished its new growth by the dermis from the inside. Constant rubbing will cause the eperdermis to grow thick, as in case of the soles of the feet.

Hair, which covers a large part of the skin, passes through it from a little pocket, or follicle. The hair grows from the papilla which is situated at the bottom of the pocket. Thus growing at the root, the hair is continually being pushed out of the pocket and through the skin. Opening from the sides into the follicle are minute glands which furnish the hair with oil to keep it soft and flexible.

In the beginning, man was covered with great quantities of hair as a protection against inclement weather, but little by little, he gradually disposed of

it in exchange for artificial covering until now, he has very little use for it, except as a protection for the eyes, ears, and nostrils against flying particles. Nature abhors uselessness, and hair, being no longer needed by man, it is quite likely that a few more intellectual strides forward, and the few remaining hairs upon man will pass away entirely.

With the development of the brain, hair has a tendency to leave the forehead naked, but hair will fall out of the entire head if it is constantly covered up so that air can not get to the roots of it, or from various diseases.

The hair and scalp should be washed with soap and warm water once or twice a week, in order to keep it clean, but care should be taken to thoroughly rinse the soap away so that the injurious ingredients of the soap cannot destroy the roots or dry up the oil glands that preserve the hair. The scalp should be exercised each day, morning and evening, by a brisk dry rub with the fingers, and the first thing in the morning warm salt water rubbed into the scalp and followed by a cold water rub will result beneficially as a tonic for the scalp. The head should then be thoroughly dried and left uncovered as long as possible for the rest of the day. Two things must be remembered, (one) that the scalp needs some exercise and (two) it needs plenty of air—particularly air.

The finger nails and toe nails are outgrowths of the epidermis, although developed somewhat differently. These nails are grown as a protection to the fingers and toes, and aid the fingers in picking up little things. The nail grows from the root outward and unless the root is destroyed, will continue to grow as long as there is life in the body. The nails as well as the

entire hand and body, should be kept clean. They should be trimmed neatly at the ends with scissors, knife, or file, and the skin around the base should be pushed carefully back occasionally with a smooth, blunt stick or instrument, but should never be cut.

It is important to keep the skin in the best condition all the time, for a healthy skin wards all sorts of diseases.

The epidermis is a great protection to the flesh beneath by keeping out poisonous substances or raviging bacteria which, if allowed to get into the flesh, causes various kinds of skin diseases, sores and blood poisoning. A little cut, scratch or tear in the epidermis opens the gates to the blood vessels through which millions of bacteria can enter and therefore care must be taken to wash and sterilize each cut or scratch immediately, no matter how trivial it might appear. The prick of a rusty pin can let into the blood, enough poison to cause the loss of an arm or leg, unless properly attended to at once.

The skin contains about two and one-half millions of sweat glands, and on a warm day, or after taking vigorous exercise, these glands throw out of the skin, from all parts of the body, small drops of water or sweat.

A sweat gland is a microscopic tube passing through the epidermis and discharging the sweat through a minute hole or pore to the surface of the skin. Unless excessively warm, the sweat evaporates as soon as it passes from the pores and a continuous stream of vapor is passing from the body into the clothing or coagulating on the surface of the skin. Thus the body should be bathed frequently in order to carry away entirely from its surface, these waste products.

During the winter months, a warm bath at night before going to bed, for cleaning purposes and a cold bath in the morning, upon arising, as a tonic, will keep the skin clean and in good condition, but during the hot summer months, three or four baths a day are not only necessary to keep the body clean, but will through its refreshing qualities, enable one to do a considerably larger day's work than could otherwise have been accomplished. Underwear should be changed and washed after each sweat.

At least one good sweat should be taken every day during one's whole life and this should be brought about by brisk exercise that will bring every muscle and pore of the body into action. A Turkish bath may do for an occasional cleaning up of the body, but it cannot be compared to the natural sweating process brought on by the free exercise of every part of the body. The lack of proper sweating means the loss of Lawsonpoise, and is responsible to a large extent for other organs of the body not functioning accurately.

One must be careful during a sweat not to cool off too suddenly or colds and various throat and lung troubles may be brought on. A warm bath should be taken immediately after the sweat, followed quickly by a cold water plunge or shower. A good tonic for the skin is to mix plenty of salt with the cold water and rub it into the pores of the skin vigorously.

The heat of the body is constantly being thrown out into the air through the skin and the blood is cooled by flowing near the surface. When there is too much heat in the body, the blood vessels in the skin expand causing the blood to flow faster and thus cooling more of it and when there is not enough heat in the body, the blood vessels of the skin contract

and thus the blood is kept away from the surface and retains its heat by not throwing it out into the air.

The brain regulates the increase or decrease of heat that passes out through the skin. In this way, the temperature of the body is controlled. The sensations of heat and cold except in the digestive canal and the lining of the mouth, come through the mental organisms that are located in the skin. When the blood is close to the skin, it warms these mental organisms and the heat is felt and when the blood is farther away from the skin, these mental organisms are cooled by the outside air, and the cold is felt and communicated to the brain through the mental fibres.

The temperature of the body in perfect physical condition should be almost exactly 98— F, summer and winter alike. When the temperature falls below, or rises above this point, it registers poor health.

As the body produces more heat than is needed, the surplus must be eliminated in order to keep the right temperature, and besides the skin, the lungs also aid in regulating it and considerable of the extra heat is passed out of the lungs by the breath and the blood is also cooled as it passes through the lungs by the inhalation of the cooler air.

In warm weather, the more the body sweats, the cooler it becomes because as the water reaches the surface of the skin, it cools off to some extent, and then requires the heat of the body to evaporate it, causing a corresponding loss of heat to the blood and cooling it thereby.

If the skin were exposed to the cold air more, it would gradually become less sensitive and would not require so much covering in cold weather to keep it warm, and the body thereby, would become less sus-

ceptible to colds and a better tone to the entire system would be the result. The habit, therefore, of wearing heavy clothing should not be encouraged and especially is it injurious to wear furs or mufflers of any sort around the neck, no matter how cold the weather might be.

The skin needs air and exercise the same as all other parts of the body and it should be frequently bathed with air as well as with water. If the body is completely covered with fur or rubber garments, there is no chance for the air to reach the skin at all, or for the surplus heat of the body to pass from the skin to the air. Therefore, clothing should be worn that contains air spaces to allow a continual exchange of heat and air through the pores of the skin.

Clothing does not warm the body; it merely holds heat of the body close to the skin and therefore, thinner clothing woven with larger air spaces is more necessary during the summer than during the winter months.

The habit of giving the skin absolute freedom of movement for a few hours each day should be cultivated by disrobing entirely from head to foot and exercising freely in one's private apartment. This can easily be accomplished by everybody an hour before retiring at night and an hour after arising in the morning. If an hour is also given to this practice during the middle of the day, one will find that increased efficiency of the body will result and that more work will be accomplished with less fatigue than if one goes throughout the entire day without giving the skin a chance to breathe. During such periods, a cold shower or plunge and a brisk rub from head to foot with hard towels will give the skin the exercise

it requires. The body, however, should always be covered with a spread of one thickness or another when in a lying position for the night's sleep, and the feet should have a little heavier covering than the rest of the body as they are the farthest away from the blood pumping heart and receive the least warmth from the heat of the blood when not in action. On the other hand, the head must be kept cool as it is situated nearer to the heart, and the brain is receiving a constant stream of fresh, warm blood, and is encased by a bony skull which does not allow the heat to penetrate as rapidly as it flows through the skin.

A good rule for everybody to remember, is to keep the feet warm, the head cool, and waste matter properly ejected.

CHAPTER 12

THE MENTAL SYSTEM

Every organization of any nature whatsoever, that is to work smoothly and harmoniously, must be directed by a central power—a general dictator who has the supreme authority to give orders and the force with which to back them up.

The general director of the human system is the mind and it issues its orders to every part of the body through the mental system, consisting of the brain, spinal cord, mental fibres and mental organisms.

The mind is that part of man which becomes conscious of what is taking place by means of mental organisms and then directs the movements of the body accordingly.

The center of mental activity lies in the brain, a large mass of nervous tissue that almost fills the cavity inside of the skull. It is arranged in three main parts, the cerebrum, the cerebellum and the medulla oblongata, and its weight in an adult will average about three pounds. The brain increases in both weight and size with mental activity. It is full of blood vessels of various dimensions, the majority of which are capillaries.

The brain is made up of two kinds of matter—the white matter, consisting principally of mental fibres and the gray matter composed largely of mental organisms. Orders start from the gray matter and are conveyed to the different parts of the body by the white matter.

The cerebrum in which the mind is located, is the topmost and largest part of the brain and is covered

with deep furrows and convolutions and is divided into two parts by a groove extending from front to rear. The right half of the cerebrum controls the left side of the body, and the left half of the cerebrum controls the right side of the body.

The cerebellum in which the muscle control is centered lies at the back of the head beneath the cerebrum. It is partly flattened and contains numerous furrows.

The medulla oblongata is situated between the main brain and the spinal cord. It is about one and a quarter inches in length and controls the heart action, breathing, swallowing and the expansion and contraction of the blood vessels, or the vaso motor system. The medulla oblongata is a very delicate as well as a very important part of the system, and is protected by thick bones at the base of the skull. The prick of a pin upon a certain part of the medulla oblongata is enough to cause death to the whole body.

Connecting with the medulla oblongata and running downward inside of the spinal column is a circular cord about one-half inch in diameter, which is known as the spinal cord and which terminates at the lower end of the back bone. It is protected on all sides by the vertebrae of the spine and is also covered with soft membranes. This spinal cord, like the brain, is divided into halves by a groove running up and down both sides of it. There are thirty-one mental channels running off each half of the spinal cord.

The composition of the spinal cord is of the same white and gray matter that the brain is composed of. The gray matter containing the mental organisms is located in the center and on the outside is the white matter consisting of the mental fibres. Both the brain

and the spinal cord are mental centers from which impulses are sent and received. There are two mental channels—sensory and motory. The sensory channel carry from all parts of the body to the mental centers and brain the impulses felt by the skin, tongue, nostrils, eyes and ears and the motory channel convey the orders issued from the brain through the mental centers to the different muscles of the body directing their movements. One channel is used by the brain for receiving messages concerning extraneous affairs and the other channel is used by the brain for sending messages that decide the movements of the body.

Each channel from the spinal cord starts in the gray matter in the center of the cord and passes between the vertebrae and outward to the different parts of the body connected to the brain. Each of these channels come from the cord in two branches known as roots. The anterior root conveys the orders from the brain to the muscles and the posterior root carries the impressions from the skin and other organs to the spinal cord and brain. When the two branches combine they form a mental trunk which is made up of innumerable mental fibres into a bundle by which means, every muscle or every part of the skin receives from and sends to the brain, its mental impulses. The mental fibres carry their messages to and from the mental organisms which start and receive the impulses and these are most numerous in the brain and spinal cord where the stimuli are sent out to the different organs. It is estimated that the brain contains over nine billion of these mental organisms. Most of the mental organisms of the brain are near the surface, while the inside of the brain consists of innumerable mental fibres running in every

direction.

The conscious mind is the part of man that has the power of feeling and in order to protect all parts of the physical body from danger as well as to receive outside impressions and direct the movements of the body, a line of communication has been established through the mental fibres to the mental organisms in all parts of the body. If one of these lines of communication between the brain and any part of the body is severed, that part no longer has the power to move, because it can no longer be directed by the mind to do so.

If, for instance, the mental channel which connects the foot with the spinal cord and thence to the brain is cut in two in the upper part of the leg, the foot not only has no power to move, but it can be slashed to pieces or burned away entirely without the least feeling of pain to either the foot or the mind, because the line of communication which carries the impulses to the brain is no longer connecting the foot with the brain and therefore, the mind is not conscious of external influences upon the foot. That is proof that the flesh of man has no feeling whatsoever, and that it is his mentality or consciousness alone that feels all pain, sorrow or gladness.

On the other hand, however, there can be no mentality or consciousness of man without the physical organs to establish it, as there can be no means of communicating extraneous influences without them.

While the brain is no doubt the center of mental action or consciousness, still there are many physical movements of the body itself which the mind is not conscious of.

A generalisimo of a great army or the director of a

large industrial plant cannot know of everything that transpires, even though he is the center of action and in a position to secure telephonic communication with any part of the vast organization at any moment. The directing force of a great army or industrial plant is therefore divided and subdivided again and again and the generalisimo or director only give attention to the general plans of operation and delegate the minor movements to subordinates.

An ocean sailing vessel would never reach its destination if the captain had to stay awake during the entire voyage. Neither would a human being live very long if he had to stay conscious during his whole life. So the mind must be able to relax from consciousness and take regular hours of rest and this can only be accomplished through the distribution of operating management to subordinate mental forces. When the mind therefore lapses into unconsciousness, the subordinate mental forces continue to direct the work of the body and such organs as the heart, lungs and intestines continue to perform their duties.

The chief directing forces of the body are located in the cerebrum, cerebellum, medulla oblongata, and the spinal cord, each of which is composed of the same gray matter or mental organisms which send and receive impressions and the white matter or the mental fibres through which the impressions are sent and received.

When a body first learns to walk the mind must give it complete attention and one is then conscious of every step taken, but little by little, the mind trains one of the subordinate directors to supervise that work and subsequently gives to walking very little attention, other than to direct the general course to

be taken. Once the subordinate force has mastered the direction of walking, the mind can be concentrated upon other things and the feet and legs will go on moving the body forward without the mind being conscious of the steps being taken whatsoever. As the different movements of the muscles are mastered by the subordinate directing forces, the mind is enabled to direct a greater number of acts and it is possible for almost every muscle of the entire body to be set into motion simultaneously.

For instance, the mind can start the legs to running, the arms to waiving, the vocal cords to shouting or the jaw to chewing, the eyes to watching, the ears to listening, the skin to sweating, the nostrils to smelling or breathing at the same time and still be unconscious to all of these acts while the brain is working out some mathematical problem. And while the mind is chiefly occupied in solving the mathematical problem, the subordinate directing forces in the cerebrum, cerebellum, medulla oblongata, and spinal cord are supervising the different muscular movements of the body.

The mind then is the director general of the system. It has working under it various lieutenant generals, brigadier generals, colonels, majors, captains and privates. The millions of little mental organisms throughout the body are the privates who do the fighting for the system and those privates naturally expect their director-general to be capable and reliable, and to use good judgment in the direction of his forces. They are the protecting forces of the body—the army of composition—and they are constantly being attacked by the foreign elements or the army of decomposition.

The director general must naturally throw upon his

subordinate forces located in the cerebellum, medulla oblongata and spinal cord as much of the directing work as they can properly attend to while he attends to the general planning for the entire system, so that it would be impossible for him to give attention to the millions of little things which are happening all over the body each day. But there are times when some of the attention must be given to the different localities. For instance, if a rusty nail should tear the skin of a certain portion of the system, instead of allowing these organisms located in that particular part of the body thus attacked and crippled to ward off foreign attack and undertake the repair work unaided, he should help them with the aid of external chemicals, such as a rub of iodine upon the attacked parts that will destroy the foreign elements and allow the organisms to rebuild the tissue torn away. That would be better judgment on the part of the director-general than if he allowed the scratch to remain without aid, and the foreign elements were permitted to overpower the outposts of his forces and work their way internally from tissue to tissue until they had poisoned and crippled an entire limb or organ.

Another important thing the director general must do and that is to encourage his army of composition and defense to keep up their spirits through healthy and encouraging reports which he communicates to them. What can be worse for the morals of his army than to be constantly receiving reports from the director general that everything is going wrong, that disorganization is rampant everywhere throughout the system and that it won't be long before the body will die altogether. Discouraging reports telegraphed by the mind to the different parts of the body have a

depressing effect on these parts which make them ineffective for their best work.

Therefore, the mind must first train itself properly to use good judgment and exert will power to the best advantage and then instill into the subordinate directing forces qualities of self-preservation in which the expansion principle will predominate to the point where the opposing forces of decomposition cannot begin their deadly work that will ultimately destroy the Lawsonpoise and further usefulness of the entire body.

CHAPTER 13

THE SENSES

In the last analysis all there is to man is consciousness, without which there could be no understanding or intelligent direction of the body. In fact, without consciousness the body becomes a useless mass of undirected and unintelligent matter.

But consciousness or mentality unless harnessed and used for a purpose is dormant and has no power. So a means to harness and utilize consciousness or mentality had to be arranged for man and this was accomplished by the senses.

The needs of primitive man as well as other species upon earth were of the simplist nature and so consciousness was only necessary to meet those needs and the senses of conveyance, therefore, were developed along the most primary lines. Man had to be developed through growth and nature did not begin that development with superlative mathematics but with the idea of self preservation.

Man's forbear had to learn how to live and protect himself, so his primitive consciousness and senses of conveyance were developed with that end in view. In this development, the first two senses necessary were taste and smell which enabled him to distinguish the different kinds of food for absorbtion because, without feeding himself he could not live. Therefore, through these senses he learned directly from nature, the different kinds of substances to draw into his body for sustenance and growth and the power to move.

With his stomach full of food, the next step to be taken was a means of protection against extraneous

influences,such as the ravaging effects of temperature and mutilating forces, both organic and inorganic. So a sense of feeling was brought into operation from which he was enabled to distinguish the different pressures causing disturbances to his body and also the senses of sight and hearing that made it possible for him to distinguish the direction from which attacking forces were coming as well as the nature and proportions of these attacking forces. So with these five senses leading to the outside world and converging to his inner consciousness what was going on within a restricted area, primitive man felt that he was very well equipped to battle for existence and that he had acquired about all of the sense or senses needed for all time to come.

Before pointing out what other senses man needs before he can take further steps in his intellectual development the five senses already mentioned will be considered.

The brain, which is the central converging point of consciousness which directs bodily movements is inclosed in the skull and receives its impressions of extraneous influence through the senses which connect with the exterior of the body. Each sense has a specially constructed system of mental organisms which are capable of taking impressions and conveying them to the brain.

THE SENSE OF FEELING

Scattered all over the body are innumerable microscopic mental organisms which are specially developed for that kind of work they are to perform. These minute mental organisms are connected with the

brain by mental fibers through which they send their messages of what takes place in their particular locality. The extent of the disturbance caused by the outside influence is made known to the brain by the manner and nature of the contact among these organisms. If the arm is pinched the area and firmness of the squeeze is made known to the brain by the combined sensation felt by the number of organisms effected. The laying on of the hand upon the skin while felt by innumerable mental organisms of feeling however, does not create the commotion that the prick of a mousquito's bill through the skin will cause when coming into direct contact with but a few of these mental organisms, owing to the fact that one registers the sensation of a friendly pressure while the other registers an open attack with destroying intents upon the body. Although the attack of a mosquito covers but a small area, still the mental organisms receiving the full brunt of it sends the entire sensation of it to the brain registered from the full force of the shock, and the necessity of self preservation becoming uppermost in the mind stimuli is instantly sent to the entire muscular forces of the body to fight off the intruder and with full weight the flat hand of man descends upon the part of his anatomy thus attacked and the blood thirsty mosquito is mashed to pieces.

The sense of feeling then, comes principally from outside pressure upon the different parts of the body being felt by the minute mental organisms located at the ends of the mental fibers and reflected to the brain or the central organ of consciousness.

The parts of the body which acquire the most delicate sense of feeling are the parts that are used the

most frequently, such as the tip of the tongue or the tips of the fingers.

Mentality alone has feeling, the flesh of man has none, so as a prevention of destruction to flesh of man without his knowledge, his mentality is extended to all parts of the flesh in order to register through the medium of pain, when and where damage takes place in any part of the body.

If it was not for pain, the flesh of man could rot away or be destroyed in many ways before he became aware of it. So pain is man's best protection against both physical and mental collapse. There can be no pain as long as all of man's organs are properly functtioning and there are no detrimental outside influences. Mentality must feel pain occasionally to understand its nature but it is possible to so guard against pain by the proper disposition of exercise, nourishment and rest that pain would be registered but seldom in one's life.

THE SENSE OF TASTE

The combining solid and liquid substances with saliva causes a flavor which enables man to distinguish the different kinds of food he eats when brought into contact with his sense of taste. The more particles into which these substacnes are desolved, the more pronounced becomes the flavor, for the reason that a greater quantity of the essense of the substance reaches the organ of taste.

Nature very wisely gives to taste, a pleasant sensation when the right quality and quantity of food is drawn into the body and a rancorous sensation when the wrong quality or quantity is partaken. If eating

did not afford a pleasant sensation, man would no doubt starve to death. But because of the pleasure derived from the taste of food, man is more inclined to eat too much than too little for sustenance and for that reason he is continually straining his digestive organs and throwing the other organs of his system out of order which causes a loss of Lawsonpoise.

The sense of taste is situated in the mouth and principally in the end and upper side of the tongue and the roof of the mouth. The color of a healthy tongue is reddish with a very slight dull white surface to the upper side of it. When the tongue contains a pronounced whitish, reddish, or yellowish coating, one is not in good physical condition.

The tongue is composed principally of muscles which permit it to move freely in various directions, and is covered with numerous papillae of varying appearance and uses some of which are connected with the sense of taste and are known as taste buds. The tongue also contains innumerable blood vessels and nerves and also glands which secrete a watery substance to keep it moist.

While taste distinguishes many different flavors, they can as a whole, be classified under four heads—sweet, sour, (acid) salt and bitter.

THE SENSE OF SMELL

Odor is a gaseous substance thrown out of a body containing mixed substances and is the essence of compound decomposition. Different animal and vegetable matter are particularly distinguishable by the odors they throw off.

Odors are extremely subtle and have extraordinary

penetrating and adhesive qualities. There are as many different kinds of odors as there are combinations of substances.

The sense of smell brings to the consciousness the nature of the different odors and is a primary aid to man in his selection of the food he eats. This sense is not as keen in present man as it was in his savage progenitors and other animals who found it necessary to rely upon it to give the direction of both their prey and enemies of attack. Any organ will lose its power through disuse, but there are dogs today with such keenness of smell that they can follow the footsteps of a man from the odor his body leaves behind.

The different odors passing through the nostrils leading to two large cavities above the mouth and extending backward to the throat come into contact with the olfactory organs, the nerves of which carry the impression to the brain.

The senses of taste and smell are very closely related and a continuous drawing into the olfactory organs of a thick heavy odor sometimes leads one to the belief that he is actually tasting it.

While there are countless shades of odors, there are but two main qualities; (1) an odor eminating from a growing and healthy body which throws off a pleasing and health giving fragrance and (2) an odor emitted from an unhealthy or dead body which throws off a sickening and health destroying substance. The sense of smell becomes best acquainted and satisfied with such odors as it is mostly accustomed to and a sewer rat no doubt is better satisfied with sewer odors than it would be with the most delicious of flower fragrance.

THE SENSE OF SIGHT

The eye is in shape like a ball and is about one inch in diameter. There are two of these eyeballs and they are fitted into sockets located in the front part of the skull which protect them from blows. Only the front portion of the eyeball is exposed and that can be covered by two folds of skin, known as the eyelids, passing over it, one from above and one from below.

When closed, the eyelids keep the eye clean and moist as well as protecting it. They are continually being closed during weakeful hours and the quick movement of their lashes help to keep away from the eye dust and other particles.

The eye is continually being washed by tears which come from a small lachrymal gland located above each eye on the side away from the nose. The tears clean the eye by flowing down over it to the inner edge where they enter the lachrymal duct leading to the cavity inside the nose and finally pass to the throat and are swallowed. Crying causes tears to come so fast that they cannot all pass through the lachrymal duct and they overflow and run down the cheeks.

The eyeball is able to move in any direction by the contraction and expansion movement of six muscles which are attached to it from all sides.

Although differing somewhat in details, the eye of man is constructed and operated along similar lines to the camera. It contains a dark chamber and a lens and also a sensitive surface in the rear. The interior of the eyeball is the dark chamber which lets in the light from the front side only and at the point where the light is let in there is a lens and at the rear of the eyeball is a sensitive surface known as the retina.

Between the retina and the front of the eye the space is filled with a transparent liquid through which light penetrates after entering the small opening in the front known as the pupil. The transparent lens located just inside of the pupil is so arranged that the direction of the rays of light are changed so that they come together at the rear of the eye thereby producing an image upon the retina of objects from which light is reflected.

The retina contains innumerable microscopic mental organisms which instantly transmit to the brain through the mental fibres a picture of those objects.

For millions of years the eye of man has been used for bringing to his consciousness the shape of external objects reflected by the substance known as light and he has developed those sight organs to such a degree that they answer his purpose very well for all ordinary uses. During the greatest part of these millions of years, man has developed those sight organs through reflected objects of daylight and thereby accustomed his eyes to that kind of reflection. From this then, it must be understood that objects reflected through poor daylight distribution or artificial light has a tendency to cause an imperfect image of the objects reflected and thereby strain and weaken those sight organs in accordance with the difference in the qualities of light reflected. Therefore, man should not exercise his eyes with intricate performances such as reading or combining small objects unless done under the very best daylight conditions.

One without good eyesight is a cripple just as much as if his legs or arms cannot move properly. It is better not to read or work at all than to lose the power of eyesight and to constantly strain the eyes

means they gradually lose their power of seeing.

The eyes need plenty of exercise to develop them the same as all other organs but the exercise should be taken under normal conditions which means proper daylight and between well regulated periods of rest.

Light is a substance of great penetrating speed when compared with penetrability of such substances as air and water. Various forms of density attract light such as solids, and liquids, and air and vapors.

The reflection of light give to different substances, varying shades of color and the best developed eye is that which is capable of distinguishing the largest number of shades in color.

THE SENSE OF HEARING

Nature did not give primitive man eyes that could see in all directions at once or that could detect approaching danger in darkness, but it gave him hearing organs capable of distinguishing sound in either light or darkness and coming from any direction.

The contact of two or more substances throw off a subtle substance called sound which has great penetrating qualities. Sound does not have the penetrating speed of light but in comparison to the movement of air its speed is terrific. Sound will penetrate such substances as light, heat, gases and air and to some extent, through solid matter.

The ear, which is the organ of hearing, is the best protected of any of the sense organs. It is situated in the middle of the hardest bone in the body, the stony bone, which is located wholly within the head.

A curved passage to the ear starts from the two projections on the outside of the head which are con-

structed of skin and cartalage and which deflect sound into this passage. A little wax keeps the walls of the opening moist and flexible. A tough and elastic membrane known as the tympanic membrane is stretched across and closes the opening. Deafness will result from breaking this membrane.

This tympanic membrane surrounds the tympanic cavity or ear drum which is filled with air coming from the eustachian tube leading to the throat; this tube opens with every swallow and keeps the air on the inside of the drum at an equal pressure with that coming through the passage from the outside of the head. Throat or nose troubles sometimes effect the air pressure on the inside of the drum to such an extent by closing the tube that hearing becomes impossible.

Stretched across the inside of the eardrum are three small bones named malleous, incus, and stapes. They are connected with each other, and malleus is connected to the outer membrane and stapes is connected to the inner membrane forming direct communication between the outside and inside passages to the ear where innumerable mental organisms are connected with mental fibres leading to the brain.

Sound, which passes through the air in successive waves with almost the speed of light is drawn into the outer passage of the ear and in a rapid and continuous stream of bumps causes vibrations of the tympanic membrane which shakes the bones attached to it, the effect of which is transmitted by the mental organisms of hearing to the brain through the mental fibres.

And because of this subtle substance thrown off of other substances by contact or while passing each other, the consciousness of man is able to dis-

tinguish through the medium of the sense of hearing the nature of moving substances within certain limits.

The passing of one substance in contact with another substance, no matter how subtle their nature, causes friction with a consequent loss to both substances which creates new substances of varying density one of which is sound. Thus water coming into contact with rock, air passing the branches of trees, or the breath blown out of the mouth or thrown directly into contact with the vocal organs, all act upon the same principle as steam passing through a factory whistle or a rattling street car passing over steel rails.

While to primitive man, sound was simply a warning of approaching danger, little by little he harnessed it up for other purposes until he was finally able to make known his desires and ideas through a series of grunts and squeaks of various intonations and thus, what is known as language was established. Singing and music followed with the increasing scope and refinement of his grunts and squeaks until the harmonizing effect of varying sounds became a source of pleasure to his sense of hearing.

Man still further harnessed sound for useful purposes through the mediums of such instruments as the telegraph, telephone, phonograph and radio and there are still a number of wonderful uses this subtle substance can be put to as soon as man understands it better and gets a clear idea of its extraordinary potentialities.

Man's sense of hearing is regulated and developed within the scope of his own proportions and consciousness so that sound thrown off of colliding substances in space beyond his atmosphere can no more be heard

by him than can be the sound made by the collision of two microscopic particles.

(Text books generally mention sound as a vibration carrying air waves to the ear, but this is erroneous because air waves cannot be made to travel beyond the limits of air speed or the ability of air to penetrate another substance. The waves striking against the ear drum are sound waves. The substance sound being much lighter than air has more subtle qualities of penetrability than air and thus penetrates air with far greater speed than is possible for air to move.)

CHAPTER 14

THE TEETH

Just inside, and giving a cirıular form to the cavity of the mouth, are two jaw-bones, in the sockets of which teeth are set and fastened securely by roots and gums. Each tooth consists of a crown, a neck and a root, and has a small blood vessel and nerve which passes through the root. The crown of the tooth is covered with enamel which, if cracked or decayed, causes inefficiency of the teeth and exposure of the mental organisms to the air, which results in toothache.

What are known as the Milk Teeth, twenty in number, grow in a child between the ages of six months and six years, and are then forced out by the growth of what are called the Permanent Teeth, thirty-two in number.

Each jaw-bone contains four incisors, two canines, four bicuspids, and six molars, which come together with a cutting and grinding movement. The sharp edges of the front incisors are used for the cutting process and the broad surfaces of the double teeth further back are used for chewing and mashing the food.

Teeth may be injured through such methods as cracking nuts with them or picking them with metal implements, from coming into contact with hot or cold substances. They will decay through lack of exercise, improper nourishment taken into the stomach and uncleanliness by allowing particles of food to lodge and decay in the crevices between them.

Good teeth are made and kept by using them. Nothing else can preserve teeth if they are not prop-

erly exercised. The necessity of preparing foods for the stomach by mastication is the basic cause for teeth and if foods that require chewing are omitted from man's daily habits for a certain length of time, all his teeth will fall out irrespective of any other care or attention. Keeping them clean helps to retain good teeth, but if not given exercise, there would soon be no teeth left to clean.

The teeth of man is gradually becoming weaker, owing to the foods which he eats being of a softer variety than formerly, and therefore requiring less effort to chew. His early forbear had powerful jaws and knew nothing of Pyorrhea or Dentistry, because he gave them plenty of exercise in gnawing the bones of his adversaries and chewing upon the toughest vegetation.

In preparing food stuffs for modern man, the adulterators not only destroy the most nutritious parts, but they take away most of the solidity of the food as well, thus softening it and making it easy to chew. While a few soft foods may be eaten occasionally without bad effects, still the real life of man's teeth and digestion depend upon plenty of hard food, thoroughly chewed to bits. So at least a half hour each day should be taken in masticating some tough and strength-giving foods.

Extreme care, however, must be taken in the process of hard food chewing, that the teeth are not broken during the operation. One must take plenty of time and the jaw must be worked slowly and with precision, and the food be allowed to absorb plenty of saliva, to help soften the food during the mastication if necessary.

When teeth have become weak or loose, it may

require many years of the most painstaking exercise before they can develop strength and rigidity, and one must begin the exercising process very lightly and gradually increase the violence of movement as the teeth gradually gain the strength to permit it. Sudden and violent exercise of the body or limbs cause strains and aches of the muscles that move them and, likewise, hard chewing suddenly forced upon teeth that are not used to it will have injurious effects. Therefore, weak teeth must be developed or re-developed with mild exercise to begin with and the straining movements increased gradually until the teeth grow firmer.

The life of teeth depend upon the kind of exercise and care given them as long as one lives.

A bone of the leg may be broken and the two parts re-set and grown together again through proper adjustment, but a broken tooth will not knit together, as the teeth when full grown, are unable to repair themselves. That means that when a tooth is cracked or decayed, artificial mending becomes necessary, in which case one must consult a specialist on teeth.

Many teeth partially decayed can be artificially repaired by a dentist and then through proper exercise can be used indefinitely for chewing purposes.

It is well to consult a first-class dentist every six months, so that small cavities may be discovered at the outset, and be repaired before they become larger and cause more trouble, and also for a general clean-up of the teeth.

It is just as necessary to keep the teeth clean continually as it is to keep other parts of the body clean; so they should be well brushed with warm salt water after each meal, and before one retires at night, and

upon arising in the morning. The mouth should be thoroughly rinsed, and the water should be drawn back and forth between the teeth until every particle of food matter is washed away.

Extreme care must be taken in the selection of a dentist for repair work, because an incompetent one might permanently injure the jaw or mental system through infection or otherwise. Not all men were born for that sort of work, and many drift into the profession as a means to a livelihood, and not because they are fitted for it. Natural ability for that kind of work, knowledge of the most modern methods of application, practical experience, honest intentions, cleanliness, and concentration upon the work undertaken are the main requirements for a successful dentist.

Dentists should be very careful about advising the pulling out of aching or loose-fitting teeth, because many such teeth can be saved and strengthened by gradual exercise which will give new life to the gums surrounding and holding them in position.

Text-books teach, and it is generally believed, that but two sets of teeth can be grown during the life of a human being. This is an erroneous principle to be guided by, and I believe that any healthy man or woman can grow a third or even a fourth set, if necessity demands, through the proper exercises of the jaws, the mental desire, patience and the will power to grow them.

The hard substance of which the enamel of teeth is composed, however, makes a longer period of growth necessary than does ordinary bone; so from fifteen to thirty years of patient effort is required to build up a third set of teeth, after the second one is gone.

Teeth not properly exercised or otherwise taken care of may, through decay, lead to all sorts of ailments in other organs of the body and a consequent loss of Lawsonpoise.

Care must be taken not to over-exercise the teeth, as well as to exercise them, and it will be found that from two to three hours of natural food chewing each day will be sufficient for all health purposes.

CHAPTER 15

FORMATION AND NOURISHMENT

Man is physically formed and operated according to the same underlying principle as every other formation in the universe and is subject to the law of Penetrability.

Like everything else, he is both a penetrating and a penetrable formation. For example, he can penetrate or pass through vapor, air, water, etc., and such substances as metal, wood, or heat can penetrate him.

He is a composition of various particles brought and held together by suction and when this cohesive power loses its iniative the opposing forces of pressure predominates, and with a contracting movement, disunites them and causes decomposition.

The perfect Lawsonpoise is reached when the power of suction and pressure is equal and the body is able to build up as fast as it can be torn down, or an equidisposition of composition and decomposition.

So that man can at any stage after arriving at maturity, so regulate the changing matter that he can continue to live in that bodily state of activity and appearance indefinitely and in some cases, he may increase his vitality to such a degree that his activity will become greater and he will appear younger in age.

A perfect synchronizing of all organs causes a perfect suction and state of composition and thus wards off the destroying and continuous attack of pressure or external influences.

It is the proper working of all bodily organs in unison more than the strengthening of any one or two particular organs that leads to long life and perfect

health in man.

The brain, nerves, heart, lungs, muscles, glands, skin, kidneys, liver, teeth and senses must all be properly exercised and taken care of if the entire body is to be well balanced. Muscle, nerve and capillary all depend upon each other for action and if one is out of order the usefulness of the others are impaired.

Some of the most important causes of permanent decomposition setting in and lack of Lawsonpoise can be attributed as follows:

(1) Improper quality of food. (2) Improper quantity of food. (3) Improper mixture of foods. (4) Insufficient mastication. (5) Lack of exercise. (6) Lack of rest. (7) Tardy evacuation. (8) Lack of oxygen. (9) Lack of cleanliness. (10) Lack of sunlight. (11) Lack of constructive thought. (12) Lack of morality. (13) Lack of ambition. (14) Worry.

The three great factors which man must regulate and adjust to harmonize proportionately in order to synchronize proper action of his various organs are Nourishment—Exercise—Rest. They are each and all absolutely dependent upon each other and man's neglect of any one of these factors means rapid decay and death.

Man begins his growth with nourishment, develops his growth with exercise,,and recuperates his growth with rest.

NOURISHMENT

Nourishment in itself is an inexhaustible subject, and it is not the purpose of this work to go into its details but more to give a general outline of it so that the reader may obtain a substantial grasp of the

general principles upon which he lives, moves and dies, and can take up later the study of the details, if desired.

The general principle of formation is to draw into itself external substances for growing or expanding purposes, and this is accomplished by a suction movement of penetrability which attracts these substances toward the center and then regulates, combines and distributes them internally as are most suitable for expansion or growth of the body.

If Penetrability caused but one movement, however, the suction movement—then the growth or expansion of a body would continue indefinitely, but Penetrability causes two counteracting movements—suction, which attracts towards the center and pressure, which throws off from the center. Suction draws into the body and pressure squeezes out of the body. Suction has an expanding movement and pressure has a contracting movement.

Now this principle does not only work as far as the body of man is concerned, but it works throughout the entire universe and will be found working the same in the solar system, or greater formations in space, or in the organs, blood corpuscles, or bacteria in man.

Suction is caused by vacancy, caused by displacement, caused by Penetrability, caused by difference in density which makes up the Universe.

The nature of the substances drawn into the vacancy by suction in the beginning are such as are prevalent at that particular point at the time of birth of the formation.

Thus will be found here on earth certain substances of which man is composed and upon which he has been nursed and developed from the beginning.

The substances of which man is composed and from which he has been nurtured and developed from the beginning are the substances which he must continue to absorb into his body, if he would live and grow. Any sudden or radical change would cause impairment and death.

Nourishment, then, simply means that man absorbs through the power of suction, those substances of which he is composed for growth and replacement and for power to give movement to his muscular system.

All power in man, or any other formation in the Universe, great or small, is based upon the law of Penetrability and all movement is caused by currents of varying density, either pulled by suction or pushed by pressure.

The movement of an electron, atom, molecule, microbe, corpuscle, heart, lungs, man, earth, solar system, everything, is in abeyance to that law and the sooner it is understood the better it will be for mankind.

The most primitive progenitor of man was formed millions of years ago by a combination of air, water, heat, salt, and sunlight, and therefore, those five essentials became the foundation of what man is today.

During those millions of years other elements were gradually brought into his system which increased his development, but without air, water, heat, salt or sunlight man could not live at all.

And those basic essentials, which nature furnishes abundantly, man must draw into himself generously if he would reach his highest efficiency. They are the fundamentals of nourishment upon which his life depends.

The early forbear of man was gradually developed by changing conditions and variety of nourishment until the complexity of his body increased his needs and made necessary, the absorption of many substances for his growth and power to move.

And during the course of this development, he acquired the habit of subsisting upon vegetation and also upon the carcasses of other animals. Thus he acquired an appetite for various foods that contained such substances as albumen, myosin, gluten, casein, sugar, starch and fats, and millions of years of subsistence upon these substances not only aided to a large extent in building up his present form, but also have become a necessary part of his nourishment, without which he could not live and grow or move about.

Until quite recently, man subsisted upon foods containing these substances in their natural or complete state, and his system was adjusted to this manner of assimilation.

Lately, however, and to some considerable extent, he has been endeavoring to secure nourishment from foods that have been refined and adulterated to such a degree that they have been shorn of the basic qualities upon which his system was built and nourished for millions of years.

While he has been developing himself in mental capacity and the ability to acquire and store up great wealth, he has been allowing his body to gradually wither up and decay.

He has been denying himself those fundamentals upon which the human race was built. The principle of self building and preservation upon which man originally took his nourishment has been to some

extent superseded by a desire for pleasure and he now eats and drinks to tickle his taste more than he does for strengthening his body.

His sense of taste has been overcultivated and he draws into his system, substances that are a detriment to his health and growth and which damage and deteriorate his vital organs in a way that causes their impairment and lack of functioning qualities which causes a lack of Lawsonpoise and a consequent decrease in the power of suction and composition and an increase in the power of pressure and decomposition.

Man has been gradually cutting off his supply of air, sunlight, water and nutritious foods and substituting them with artificial and injurious light, poisoned air, and highly flavored and deadening beverages and food stuffs.

Artificial and insufficient light ruins his sense of sight and lack of sunlight and pure air causes decomposition of the lungs.

Flavored beverages incapacitate the liver and kidneys and adulterated foods cause impure blood. Soft, or concentrated foods that require no chewing weaken the teeth, glands and digestive organs. Inhalation of gaseous fumes poison the lungs and weaken the action of the heart.

Weakening, and putting out of order any or all of these organs creates a condition of the body that lacks the iniative to draw into itself the great life-giving qualities that repair, build up, expands, and counteracts the effects of external pressure and influences which contracts and causes decomposition and death.

To continue to grow and obtain the inclination and power to live indefinitely, man must begin with

nourishment and only draw into his body such substances as are needed for growth, repair work, and power for action. He must eat and drink and inhale to live 200 or more years instead of living to eat and drink and inhale for a period of 100 or less years.

If one eats and drinks to live instead of living to eat and drink, he will not only select natural substances for their quality, but will find that the right quality of food or drink will not tempt or permit him to overload his body with too great a quantity.

It is the artificial or improperly flavored foods, or foods prepared principally to excite the taste that causes most people to eat a larger supply than the system requires or that can be digested and assimilated. Such foods as a rule not only do not afford proper nourishment for the body, but put a strain upon the different organs in trying to get rid of the surplus matter, and in most cases, it is not gotten rid of altogether but the body is forced to retain and carry around forever afterward, superfluous weight in the shape of injurious fat.

It makes a man, for instance, who naturally should weigh 150 pounds, push the scales to 250 pounds, and as a punishment for lack of will power to restrain his appetite nature makes such a man carry around with him everywhere he goes 100 extra pounds of weight. This extra weight, of course, is scattered all over his body. But the principle is the same as if a 150 pound man was forced to carry around everywhere, a large knapsack containing 100 pounds of useless matter.

There are also many other penalties nature puts upon those who only live to eat and drink and enjoy themselves as well as superfluous weight and early death, and those penalties are a constant drag and

torture during one's existence through various bodily ailments such as diseases of various kinds and a general incapacity to enjoy thoroughly, the splendid feeling that only a well balanced body can appreciate that has attained maturity and reason and is enabled to keep the power of suction equal to the power of pressure.

Proper nourishment is the starting point of such a physical condition and the principle of self-preservation must be uppermost in the mind when eating or drinking and not the motive of gratifying a false taste.

Articles of diet can be made that will contain every substance that is required to furnish growth, repairment and power to the human system in correct proportions, but man must acquire the habit of eating such foods in the proper way.

The greatest strength comes from the greatest effort and it takes will power as well as jaw power to eat the foods most suitable for a healthy body, especially when the least suitable foods are flavored and made easy to swallow.

The ordinary food manufacturer makes food to sell and profit by it, and therefore, it is principal and not principle that actuates the preparation of most foods for the public. Therefore, the aim is to make eating easy and tasteful at the expense of general health. So the public, moving along the lines of the least resistance acquires the habit of eating soft and adulterated foods and then supports a large portion of the population for doctors and dentists to repair the damages from the effect of it.

If you want to have a strong body, you must make a strong effort for it and begin that effort from the moment the food enters the mouth. Hard foods,

then, are the only foods that will cause effort of mastication, and they must be eaten to exercise and strengthen the teeth and the muscles holding the teeth together in the jawbones.

That is the very beginning of Lawsonpoise and long life because it is the first step toward assimilation and unless the first step is taken right, those to follow will be wabbly and inaccurate, and so the movements of the other organs of the body will be unable to synchronize correctly and an equi-disposition of composition and decomposition will be impossible.

The next step is to eat dry food in order to stimulate the glands to their greatest efforts by giving them their regular work to perform and thus strengthening them by such exercise. The glands must be made to furnish all of the liquid necessary to soften the food and prepare it for digestion, and if they are not given their proper exercise, they, too, like the teeth, would soon become useless as organs, and synchronization would be impossible.

There has been much talk among medical men recently concerning the efficacy of grafting the glands of goats and monkeys into the body of man to replace those of his own which he has neglected to utilize and which will not function properly. But in such cases, the replaced glands would also become useless unless exercised by proper eating and it would not be long before the grafted ones would have to be replaced also.

If man will exercise his teeth and salivary glands by proper chewing of hard, dry, nutritious foods and not swallow that food until it is forced to take the form of a liquid by the mixture with saliva, and drink no liquid of any kind, either while eating or for a period of two

to three hours afterward, in order to give time to the digestive juices from other glands to thoroughly penetrate the food while it is in the stomach, he will never be forced into the ludicrous position of having to decide whether he prefers to be made of a monkey or a goat by the grafting process.

While water is the basis of saliva and the other juices which mix with the food, still it or any other fluid should not be drunk until the food eaten has already passed through the stomach.

Plain water or milk, or a mixture of both, warmed to a temperature of the blood, is the only liquid that man should drink. Pure water should be drunk plentifully between meals and just before retiring at night and upon arising in the morning. Under no consideration should very hot or very cold liquid be drunk at any time as the best temperature for effectiveness is at blood heat.

Food can be taken into the stomach advantageously three times a day but time must be allowed for the full force of the blood to exert itself upon the digestive organs immediately after each meal. For that reason, it is well to eat a light breakfast in the morning and a light lunch during the middle of the day and the main meal after the day's work is over and plenty of time can be taken for a resting spell. It is better to eat a little less than a little too much food at a meal, as that causes the appetite to be keen and responsive at all times and does not strain the digestive organs.

While man has, for a long time past, been accustomed to eat the flesh of other animals, there is no good reason why he should continue this savage practice because all of the substances of subsistence found in meat are also found in vegetables, fruits, grains and

nuts. In fact, those substances he absorbs from meat for lifegiving qualities are at best secondhand matter, as the animal he kills and devours had to first absorb them from vegetation. In fact, it is far better for him to obtain his nourishment first hand from vegetation than after it has passed through the existence of an animal and contains all of the diseases that animal life is infected with and which is naturally transmitted to him through the process of assimilation.

It will be found throughout the animal kingdom that those species excel that subsist upon vegetation instead of animal matter. For instance, the elephant for long life, bulk and strength; the horse for strength and intelligence; the deer for speed; and the bull for courage; while dogs that are trained without a meat diet invariably have the most intelligence providing they are fed hard, dry and nutritious food compositions.

The essential nourishment, then, for a body with combined strength, activity, courage, intelligence and longevity are nutritious vegetables, fruits, nuts and grains, and a generous supply of salt, pure water, air and sunshine.

CHAPTER 16

EXERCISE

Penetrability causes movement without which there could be no life.

Man is an organized mass of movable substances which obtains stability through proportionate activity.

Action creates life and health in man and in order to retain it the body requires continual exercise as well as nourishment. In fact, nourishment would be useless without action to distribute and utilize it to the best advantage throughout the entire system.

That part of the body exercised the most draws to it by the power of Suction the most nourishment and the more nourishment assimilated the more expansive and stronger it grows.

The bone and muscle of the body are developed by exercise. The mind and senses of man are also developed by exercise.

If the arm of a baby at birth were tied to its body and never allowed to move, it would not grow at all, or if a well developed arm of the strongest athlete would be tied to his body and remain in that position for some time without exercise, it would wither up and become useless.

If the mind of a child was not allowed to exercise itself by thinking along constructive lines, it would in time become an idiot. And if the best developed mind of man was kept from thinking along constructive lines for awhile, his power to think would pass away and he would become childish in thoughts and action.

Inactivity of body and mind causes decay and

death. Or inactivity of any particular organ or function of the body or mind causes decay and death to that particular part, and that throws the entire system out of balance and starts the body and mind towards collapse.

So it must be understood that exercise is the greatest builder of strength for both body and mind and that both, with their various organs and functions must be exercised proportionately to obtain a Lawsonpoise and long life.

The man who gives all of his attention to the exercise of his muscles and allows his brain to rot for the want of it becomes a mental weakling, and the man who over-exercises his brain and allows his body to rot for the want of it becomes a physical weakling.

The man whose daily work develops his muscles should take his recreation in constructive mental exercises, and the man whose daily work deveolps his mind should take his recreation in constructive physical exercises.

One must alternate physical and mental exercises as often as possible in the daily work or recreation. The oftener the change from one to the other, the better it is for the general efficiency of the system.

Gradual violence in movement is necessary for proper development, as sudden and unexpected movement causes strains and shocks which weaken or destroy important parts of the machinery set in motion, either physically or mentally.

Exercises should only be indulged in which can be kept up through the entire life, but if increasing or decreasing the violence of it, it should be done in a gradual manner.

Muscles, organs or the mind begins to decay when developed to the highest point of efficiency and then allowed to retrograde for the want of the same physical exercise that built them up.

Unless strength is to be used permanently, it is best not to develop it at all, for, as decomposition sets in to the parts already developed but no longer used or exercised, it also weakens other parts as well as the neglected ones.

Some of the very strongest of athletes die early because they strain their muscles up to a very high state of efficiency and then do not keep them at that point by the same vigorous exercise, which causes sudden contraction and decomposition.

Great strength does not mean long life nor the best of health. A 35 H. P. motor with proper care and attention will outlive a 100 H. P. motor not properly built or cared for. Sudden putting on and taking away full power will quickly depreciate either motor or man.

A 35 H. P. motor, however, will not furnish as much power as a 100 H. P. motor, neither will weak muscles furnish as much strength as strong ones.

If the muscles are weak, they cannot be strengthened by sudden and violent exercise that strains them. They must be strengthened by gradually increasing the quantity of exercise until the nourishment necessary for their growth has been drawn to them and gradually assimilated as well as to gradually develop to a higher state of efficiency the numerous little power plants which furnish the power for their movement.

A young person who has not yet reached maturity

can resist the bad effects of the shocks from sudden and violent exercise better than older persons, because the growing bones and muscles have more elasticity than the full grown ones.

However, elasticity of movement can be brought back to older and stiffer bones and muscles, to a large extent, if patience is taken to slowly and gradually increase the exercises for a number of years.

Almost any man, who is not yet up to his chin in the grave, can entirely re-make himself during a period of ten years, if he will exert the patience, will power and effort to follow out the natural course of procedure.

The desire to do a thing increases the ease of its performance and, of course, one must first acquire the ambition to do it.

Constant daily exercise is just as essential as the gradual increase in the quantity taken but the habit once acquired will be almost as hard to discontinue as any of the deteriorating habits.

While the only proper way to exercise the mind is by constructive thought, there are a number of ways in which the body can be exercised. The main factor in physical exercise is, of course, to move the body about, but the methods adopted for that purpose should be those that will bring into action, the greatest number of organs and muscles at the same time.

Exercises that require springing, bending and twisting of the body or pushing and pulling movements must be taken to properly function a general muscular development.

Walking is an exercise that everybody should indulge in plentifully every day, for it can be taken to the best advantage outdoors, and if taken briskly, it

increases the circulation of the blood to such an extent that the lungs are forced to draw into the system increased quantities of oxygen from the air breathed.

Running, of course, is far better exercise than walking, as it brings into movement, almost every muscle and organ of the entire body and forces through the lungs more rapidly, a much greater supply of oxygen.

Anywhere from two to five miles walk every day must be taken by every one that wants to preserve a sound body and good health, and one-quarter of this distance should be interspersed by short sprints of running to secure the best results.

It may be interesting for one to know how the body of man is able to walk or run or move about from place to place.

According to LAWSONOMY, no substance can penetrate another substance of equal density, so to begin with, man being of a greater density than air, is able to pass through it. But before he can move through air, there must be some fundamental power that moves him. He must either be pushed along by Pressure or pulled along by Suction as those are the two main forces of Penetrability.

The power of Suction which holds the earth together draws man as well as every other earthly thing toward its center. When man is properly balanced, he is able to stand in an upright position, but, when losing his balance, the upper part of his body, being the heaviest, is drawn by Suction, toward the center of the earth, but, the crust of the earth being of greater density than the body of man, he cannot pass through it and, therefore, can get no further than lying flat upon it.

Therefore, the Suction of the earth can pull the body of man towards its center through either air, gas, or water, which is of lesser density than man, but not through the crust of the earth which is of greater density than man.

Now, when man is properly balanced, he can stand in one position without moving in any direction, but if he extends the upper part of his body forward beyond the line of balance, Suction will draw the upper part of his body toward the center of the earth and if he did not resist the pull, he would fall flat to the ground. But man can resist internally that pull of the Suction of the earth by internal Pressure of his body and by shoving forward one of his feet and legs which act as a prop to hold up the weight of his body and then if the body still continues to fall forward, he can throw his other foot and leg ahead of the first foot and leg and continue to prop up the fall. He can then repeat the movement as often as he likes and he will find himself walking from place to place, pulled along by the Suction of the earth and kept in action by the pressure of his body.

It is a simple mechanical balance established with the aid of the muscular system in which the pull of the earth's Suction is offset by the push of the body's Pressure.

Prominent scientists or physicists claim that no one has yet been able to explain satisfactorily, how Energy is formed. Of course not, and no one ever will be able to do so—JUST BECAUSE—there is no such thing as a Form of Energy in the universe, and they are trying to find something that does not exist.

Scientists will never be able to explain the cause of movement at all until they understand LAWSON-

OMY, the science which explains the Law of Penetrability.

It took millions of years for man to master the habit of walking and it was only acquired by the most patient effort of our predecessors who gradually developed feet and legs capable and strong enough for the purpose.

Surely now that we have feet and legs, we should appreciate them and endeavor to preserve their usefulness by exercising them in the same way that caused their growth and development, as well as all other muscular machinery of the entire body.

A man recently lived without food for a period of 70 days and then died for want of nourishment. A man can live without exercise for a certain length of time also, but he will die for the want of it just as he does for the want of nourishment.

CHAPTER 17

REST

It is just as important to learn how to rest as it is to learn how to eat and exercise properly. When we exercise we use up and wear away our physical machinery and when we eat, we do so to make up the loss and repair the damage done during the exertion. Unless we relax for certain periods, there is no chance afforded whereby this repair work can be attended to, and within a short time the body becomes so weak from the constant wearing away of its forces without a chance for recuperation that it collapses altogether.

Plenty of rest, therefore, must be constantly taken to offset the exercise taken.

When exercise is taken, a contracting effort is produced in which Pressure squeezes out of the body the available supply of vitality which leaves a vacancy to be filled, and according to LAWSONOMY this vacancy is filled by the Suction movement, in which food is drawn into the stomach and air into the lungs for the purpose. This food and air must not only be given an opportunity to be digested and properly mixed and stored up for further bodily effort, but it must also have time to be properly distributed and utilized for the reforming and feeding of the decomposed cells and tissues in all parts of the body.

In proportion to the quantity of vitality Pressure forces out of man during his activity an equal quantity must be drawn back into him by Suction and re-distributed if he is to remain at a given standard of physical development.

It is the resting period that allows time for the

drawing into the system and storing up and repair work necessary by the Suction movement. In fact, rest is required in order that the internal work of the body may be properly attended to, and this cannot be done, if man gives all of his time to exercising, either his mind or muscular system.

Frequent rests for body and mind is better than long stretches of work and rest. The heart of man is able to continue working 24 hours each day because it takes a rest between each beat.

The heart beats approximately 70 times a minute. With each beat it works 3-10 of a second and rests 4-10 of a second. Therefore, the heart takes more time for rest than it does for work. At that rate the heart rests approximately eleven hours each day and it is my belief that man must take the same quantity of time for rest each day as his heart requires.

His resting periods, of course, cannot be as often, but he will balance himself better and increase his efficiency and length of life if he will increase and shorten his periods of work and rest.

The man who works with either brain or brawn must rest 5 minutes during every hour he is awake to obtain good physical results. The man who works altogether with his brain must also take, besides the 5 minutes rest, 5 additional minutes in physical exercise every hour he is awake. The man who works altogether with his body must take, besides the 5 minutes rest, also five minutes in constructive thinking every hour he is awake.

Eleven hours of rest can be distributed very nicely each day as follows: Eight hours during the night for sleep. The best time being between nine P. M. and five A. M. One-half hour after breakfast. One-

half hour after lunch. One hour after the heavier evening dinner. Five minutes relaxation each hour during the remaining wakeful hours.

If factory owners would divide up the day in more parts of work and rest, their employes would not only be benefited by better health and longer life, but the employer would also be benefited through the greater quantity of production as well, owing to the often revitalized employee working with renewed power and ambition between times.

The eight hour day could be divided up to advantage as follows: Work from 7:30 A. M. until 9:30 A. M. Rest or play from 9:30 A. M. to 10 A. M. Work from 10 A. M. to 12 noon. From 12 noon to 1 P. M. for lunch and rest. Work from 1 P. M. to 3 P. M. Rest or play from 3 P. M. to 3:30 P. M. Work from 3:30 to 5:30 P. M.

Eventually the time will come when our economic life will be so regulated as to enable each man a ten minute spell during every hour for exercise and relaxation.

All of the organs of the human machine must function perfectly, one with the other or the machine is thrown out of balance. Anything out of balance is not normal. The farther away from the balance one gets, the less efficient. One must keep as close as possible, therefore, to the pivotal point of action, nourishment and rest.

CHAPTER 18

DAILY HABITS

Frequent repetition of an act unconsciously performed constitutes a habit. The general directing mental force located in the center of the brain first authorizes an act and then superintends its performance several times until the assistant mental directors of the system are taught to repeat the act periodically without the attention of the general director or consciousness.

Walking, for instance, is a habit superintended almost entirely by the assistant mental directors and is seldom given any attention at all by the general director of consciousness, unless it is in the shape of an order to the assistants to move the body as a whole to some specific point.

Once a habit is introduced into the system by the general director of consciousness and the assistant mental directors have mastered the movements of it, they will continue to execute the movement at different times and places without always being commanded to do so by the general director, and the oftener the act is repeated and the more accustomed the system becomes to it, the more difficult it is for the general director of consciousness to change about and teach the assistant directors acts to replace it.

The deeper set into the system a habit becomes, therefore, the more difficult it is to eradicate it and the less desire the general director of consciousness has to do so. So firmly embedded into the daily routine of acts does the human system get set sometimes, that the general director of consciousness loses all power of will

to change them and consciousness then becomes a mere slave to the preconceived and practiced mechanical movements of the body supervised by subordinate mental directors without reason or judgment.

It is just as easy to introduce a bad habit into the system as a good habit, in fact, much easier if those with whom we associate are addicted to bad habits, for we imitate, to a large degree, the actions of those with whom we come in contact the most frequently. We also, to some considerable extent, shape our actions in accordance with the suggestions of our contemporaries and allow the judgment of others to influence us.

To form good habits is like climbing a steep hill toward the sunlight and good air—the climb is difficult but strengthening and enables one to procure a greater perspective of life. To form bad habits is like sliding down hill in the direction of a quagmire—it requires little effort, is weakening in effect and affords only a circumscribed view of a gloomy existence. And the further one slides down hill, the further one has to climb to get back up again and the harder is the climb and the weaker is the body that undertakes it.

Climbing increases the strength, however, and it is better for one to begin to climb back to good habits no matter how far bad habits have caused one to slide then to stay on the downgrade to the end.

As strength is only obtained through effort, so one must begin to reconstruct one's self by effort, and the formation of daily habits that will improve the health and increase the length of life requires a goal set far in advance to aim at and a director of consciousness backed by a will to overcome all obstacles and with sufficient power to enforce every beneficial order issued

to the general system.

Here are a set of orders that can be followed advantageously by almost any man, woman or child during the course of a day and formed into a habit. The quantity and quality of food and exercises can be varied daily and in proportion to the requirements of the individual.

Awaken in the morning at 6 o'clock.

Stretch and move about in bed for five minutes and then sit up for a few minutes until the heart has become accustomed to pump blood vertically instead of horizontally and at increased power.

Get out of bed, drink a glass of warm water, and stretch and move about gradually in a naked state for five minutes to allow the heart time to gradually develop the power for increased activity.

Then with easy movements, take five minutes naked exercise by bending, stretching, twisting, pulling and pushing the body in various contortions that bring into action numerous muscles throughout the entire system.

When the body is warmed thoroughly by the action of the exercises, take a cold water bath, either in the tub or, preferably, by a shower. This cold bath must be executed quickly and one must not remain in the water until chilled. A pound of salt rubbed all over the body during the bath is very beneficial. A brisk rub with a hard towel should bring warmth and a glow to the skin of the body after the bath.

Following the bath and rub, five minutes' exercise can be taken to advantage while in a naked condition, increasing in violence in proportion to the ability of the body to absorb it without strains.

A second glass of warm water containing a dash of

salt should then be drunk. If it is a man, then ten minutes should be taken for shaving. Every man should shave his own face for two good reasons: (1) He can shave as quickly as he can walk to a barber-shop, thus saving time as well as expesne, and, (2) it is a much cleaner practice in which the danger of catching a number of skin and blood diseases from the brushes, razors, and towels and tissue paper used upon the faces and heads of others or even collected and exchanged by the hands of the barber is eliminated. Especially is this so where the barber handles money—either in making change or in accepting tips. No powder should be put upon the face as that fills the pores of the skin with particles thus stopping the flow from the minute oil wells in under the skin and causes dry and wrinkled condition of the skin.

After the shave, it is well to slowly munch a raw apple or pear after thoroughly washing it in warm water. In such case the apple must be bitten to pieces, skin and all, and not cut up with a knife or peeled as that affords the jaw and teeth some much needed exercise as well as bringing into the system, certain juices of the fruit located close to the skin that would otherwise have been wasted.

After dressing one is then ready for a good breakfast, but the habit must be formed of eating sparingly in the morning so that the full force of the blood may be concentrated upon the muscles or brain as required for an efficient morning's work instead of being used up for the digestion of the food eaten.

In addition to the apple or pear already eaten, all that is necessary for the average man or woman to complete the breakfast, is two eggs, boiled four minutes, and two or three slices of toast made of

either bran, rye, or whole wheat bread. This should be thoroughly chewed before swallowed. Positively no coffee or drink of any kind must be taken at breakfast. All of the liquids necessary for the complete saturation and digestion of the eggs and bread must be furnished by the salivary and other glands.

No drink of any kind must be taken for two or three hours afterward when one can and must drink several glasses of warm water. Drinking should only be indulged in when the stomach is empty, and then a generous supply of warm water washes out the stomach and furnishes the various organs with the liquid they require for secretions and excretions.

After breakfast one must sit down quietly and thoroughly relax for one-half hour during which time the necessary quantity of the blood can be sent to the stomach and concentrated for digestive purposes. During this period the morning evacuation can be effected. In fact, it must be effected by this time, if not before breakfast. This morning habit must be formed and never deviated from, not even for a day.

At least part of the distance between the home and office or shop must be walked in order that a generous supply of oxygen may be drawn into the blood to insure power behind the execution of either physical or mental work to be performed.

Frequent moments of relaxation during the working hours will give new zest and insure greater accuracy of performance of the task undertaken.

One full hour must be taken during the middle of the day away from one's work, during which period a short walk, followed by a short run should be taken in the open air. A cold bath or a short swim will then have a most beneficial effect upon the entire body.

After the system has regained its normal condition a glass of milk can be slowly drunk and a handfull of nuts chewed into a pulp and swallowed for the noon day meal. No other nourishment should be taken during the middle of the day or the power for the afternoon's work developed by the system will go to the stomach instead of to one's work.

At 5:30 P. M. the day's work for the average person should be over and the mind and body turned to other pursuits. Another walk and short run in the open air should be immediately taken and, if convenient, a little outdoor game of some kind indulged in, such as tennis, golf or baseball, with a cold bath or swim to follow. During inclement weather, indoor gymnastics can be taken. But whatever quantity of exercises are begun must be kept up to the end of one's life, otherwise contraction of forces sets in with disastrous results to the entire physical machinery, causing a shrinkage and loss of power.

The best time to take running or other violent bodily exercise or to do thinking which requires great mental effort is when the stomach is empty, for the following reasons: (1) After the food has been digested, a large quantity of blood is released from that work for the rapid distribution of nourishment (fuel and oxygen) to any or all parts of the system that requires it and (2) the food which has been digested is all ready prepared, stored and waiting as fuel for the muscular system to draw to the parts actively used, and a large part of which is changed into power through the mixture with oxygen, brought by the blood from the lungs through the movement of the muscles.

Therefore, one must never take violent exercise

immediately after eating; neither should one eat immediately after violent exercise. The body should be given a rest after exercise until it is normal before a meal is begun.

Between 6:30 and 7 P. M. is the best time to eat the large meal of the day,because one can take plenty of time for the necessary relaxation afterward. A very important thing to remember is that at least one hour of relaxation must be taken after a large meal.

A large meal should not be eaten in less time than one hour, so, if the evening meal is begun at 6:30 and finished at 7:30, one must lounge around until 8:30 before considering any social appointment, unless the meal itself is turned into a quiet little social affair in which unimportant matters are discussed in the meantime.

The evening meal should consist of prepared foods made of vegetables, grains, nuts, fruits and eggs or milk. No meat is necessary whatsoever. A slice of raw onion is an exceptionally good morsel to introduce into the stomach every two or three days. Potatoes should be either boiled or baked within their skins in order to secure the full strength and flavor of their substances. Grains should be cooked and formed into hard foods that require plenty of chewing and contains very little seasoning. Beans baked in the New York style are very nutritious. Peas, asparagus, cauliflower, beets, turnips, cabbage, carrots, parsnips, and celery all have their distinctive advantages as foods. Almost all kinds of fruits and nuts are nourishing for the system and all sorts of delicious combinations can be formed for the evening's meal.

One must also form the habit of partaking of the

evening meal without fluids of any kind except those which come from fruit while being chewed.

Between the evening meal and the time to retire, some outdoor exercise must be taken and that can be done in the shape of a walk and short run about 9 o'clock.

Before retiring one must take a warm bath in which a good quality of soap must be used for cleaning purposes. The teeth must be cleaned and the mouth thoroughly rinsed with salt water. One or two glasses of warm water must be drunk before retiring for the night. Windows must be left open during the night so that the room will be well ventilated.

The bed and clothing must be aired properly during the day and clean sheets used every night. The most comfortable night's rest can be obtained if one forms the habit of sleeping between the sheets in a naked state, as nightgowns or pajamas usually tighten about the different muscles, causing billions of minute mental organisms scattered throughout the system to become irritated and thereby disturb the peaceful relaxation of the entire system.

Retire for the night not later than ten o'clock after dropping from the mind all worries and cares of past or future events or prospects.

CHAPTER 19

CHARACTER

The character of a child is born in it but is invariably altered more or less by the influences and experiences it encounters afterward.

The child at birth is a composite embryo of its parents, but, owing to counter acting influences with which it meets later, it often acquires different traits and inclinations from those of the parents.

The basic character and inclinations of the child can be firmly established by the parents before its birth by their own thoughts and actions and after birth by close association and guidance.

The child starts life with nothing else than a physical formation and mental inclination derived from its parents and it is essential that these should be of the very best quality that it is within the power of thoughts and conduct of the parents to bestow upon it.

Just what physical and mental inclinations actuate the lives of the parents during two years prior to the birth of the child are just what will largely influence the child afterward.

If, within that period, the minds of the parents have contained evil thoughts, it is absolutely certain that the mind of the child will have evil tendencies, while, on the other hand, if, during the two-year period prior to the birth, the parents have inclined toward pure and noble thoughts and deeds, then it is certain that the child will be inspired the same way.

Parents often wonder why their children do not "take after them." They do, but they only take the physical and mental impressions of the parents within

the immediate period of birth and that is why children from the same parents differ in their inclinations and characteristics.

At the different birth periods the parents have quite often altogether different inclinations and thoughts. An elapse of a few years causes an entirely different combination of emotions to exist between the parents and, according to the changed physical condition and social, economic or artistic inclinations at the different periods, the different children obtain their physical attributes and hereditary inclinations and traits of character.

The parents owe it to the child they are about to bring to the world to observe the strictest compliance to natural laws during the two years period prior to the birth and take every precaution to develop their bodies and minds up to as high a state of perfection as possible for following the rules of correct ratio between nourishment, exercise and rest and allowing thoughts only of the highest character to enter their minds.

Self-sacrifice, and the will power to accomplish good deeds must be observed by the parents in order that such qualities will be inoculated into the embryo formation of the child.

Love and kindness shown between the parents to each other during this period will have a tremendous influence upon the unborn child and help to make it in after life kind and considerate towards its parents as well as toward all living things. The parents must treat each other in every day affairs with that respect and esteem that they would have their children subsequently treat them.

Any habit that tends to weaken one physically or mentally also tends to weaken one morally as well, for

that which deadens the senses eliminates pride and will power and the desire for great principles.

It is essential then, that the parents must formulate good physical and mental and moral habits within themselves that the child may be born with a well balanced body and character.

Everything that happens is an effect brought about by a preceding cause and as we build so shall be the structure.

Nature is continuous and makes the offspring pay for the follies of the forbear. If you would have splendid children, then cause a good effect by your own preceding thoughts and actions.

Nature is inexorable. It gives nothing for nothing. It provides a Rule of Penalty and everything must pay. There is a scale of balance and you are exactly what you weigh. Natural weight is only recorded according to useful effort and self-sactificing development. If you over-balance the scales in one direction, you are shorn in another.

You cannot cheat Nature. You only receive what you work for. No work, no reward. One transgression one penalty. One hundred transgressions, one hundred penalties. It is cause and effect over and over again through one's life, through many generations, through all eternity. The farther you go away from it, the farther you must go back to strike the balance. The greater evils you have practiced, the heavier the burdens you must carry. When you cheat, you cheat yourself.

The face is the outward expression of what we think. Each thought either expands or contracts, more or less, a muscle of the face and continued thinking along any particular line leaves a distinct mark in

the face which grows deeper and more prominent as time goes on.

Therefore, one who makes a study of the subject is enabled to read in faces just about what their owners have been thinking of in a general way throughout their lives.

Expression is also reflected, to some extent, from the faces of people with whom we associate, and two people living together and thinking alike, and looking at each other a great deal during the course of several years will have the same facial expression.

One may be able to deceive his neighbor, or one may be able to even deceive himself, but one will never be able to deceive his own face. Every thought, good or bad, serious or trivial, strong or weak, constructive or destructive, noble or ignoble, inspiring or idiotic, leaves its impression in the face, and for those who can read that language the character of man is as plain as if a record of it was printed in bold, black type across his countenance.

The reason that character is expressed in the face is because the seat of all of the senses are located in the face and head, and the utilization of these senses requires the movement of innumerable minute muscles of the face causing various contractions and developments, or, by non-use, the lack of development.

Hunger, gluttony, selfishness, egotism, fear, anger, self-denial, kindness, are all manifested by muscular development and combinations of facial contortions caused by the mixed desires of the senses.

The shape of the chin, the size of the nose, the curl of the lip, the gleam from the eye, the lobe of the ear, the set of the cheek, and the different lines of the face combine to show what the brain of any man and

his forbear have been thinking about. No man can hide behind his own face.

If it was not for character whereby man will make every known sacrifice, even to giving up life itself, for the sake of a principle, man would be no better than the beasts of the field.

A good character, with a clear consience, happy disposition, and high aims in life go far toward keeping one healthful, ambitious and young, while bad morals cause the early decay of bone and muscle.

CHAPTER 20

SUPER - SENSES

Growth does not begin at its fullness but requires time for development. So it has taken millions of years, as we count them, for man to develop up to his present standard.

We find man today with five usable senses developed by and attuned to the physical and chemical conditions of the earth. His sense of sight has been developed by sunlight; his sense of taste by liquids; his sense of smell by gases; his sense of hearing by sound; his sense of feeling by pressure of substances or temperature.

In the first stages of man's growth these five senses were all he required for self preservation but as he gets beyond his primitive desires and his increased consciousness inquires into the mysteries of the universe, he discovers the necessity for greater powers of understanding.

Even his economic development which brings the different peoples of the world into closer relationship or the necessity of more efficient methods of production and distribution of his necessities and luxuries shows him the need of more and greater senses to lift him beyond the heights he has already climbed.

Man has a long way to go before he will be full grown. He knows nothing of the earth beneath its crust and very little of the atmosphere surrounding it. He has not yet learned how to regulate the weather nor how to live high up in the atmosphere or not even has he yet learned how to navigate the air.

He has not yet learned how to harness or mix sun-

light with other substances of greater density for power, and heating and lighting purposes. He knows nothing about the transmutation process for increasing the efficiency of transportation methods.

He knows nothing about the composition of mentality or how it is received and transmitted by the brain; and it makes him dizzy to try and understand zig-zag-and-swirl movement. He does not yet understand the law of Penetrability which causes all movement through the difference in density, or why sound, light, heat and mentality are substances.

The continual desire to acquire consciousness capable of understanding the rules of the universe will gradually produce in man more and greater senses than those he now uses.

For instance, it is possible to extend the mental faculties of man beyond his body and transmit his thoughts and feelings to other bodies thousands of miles away at a speed that appears instantaneous owing to the extraordinary penetrating qualities of mentality. Penetrability causes mentality to pass in currents through solids, fluids, gases, light, heat, and other substances of greater or lesser density to any organ capable of absorbing it no matter what the distance may be.

Consequently it is possible for Jones seated in his office in New York to not only see Smith in his office in London, Berlin, Paris, Rome, or Tokio, but also to talk to him, hear his voice and even feel the heat or muscular force of his handshake. The consciousness of Jones being centered upon Smith would cause his brain to transmit his thoughts through the power of pressure to Smith whose consciousness centered upon Jones, would receive them into his own brain

through the power of suction and vice versa. All exchanges of mentality between Jones and Smith would be accomplished with such marvelous speed that it would appear instantaneous and as if their bodies were close together and in actual contact with each other. Jones would see Smith in Smith's office and Smith would see Jones in Jones' office while they were conversing.

Thus Super Sense developed in man would not only bring into his economic life newer and greater business methods but would cause a higher state of morality to exist as it would be impossible for any one to live under false pretenses, either in thought or action. Any human being would be able to know what his neighbor was thinking about which would have the effect of making thinking among all men and women cleaner and more effective.

Until the whole human race thinks and acts collectively with a single purpose in view, similar to the unison shown by man's own mental faculties in moving his entire body through harmonious action, nature will not have accomplished its object.

The study of Ziz-zag-and-swirl movement will develop in man, a new sense of dimensions and proportions that he has no conception of at the present time and will cause him to become interested in great cosmic plans as well as the little affairs that takes up his time in his own sphere.

Continuous consciousness is another Super Sense that man can develop as he increases his brain capacity and understanding of natural laws. He eventually will acquire the power to perpetuate himself.

CHAPTER 21

SUMMARY

To sum up then, I make the following claims:

1. That there is but one tangible thing in the universe—and that is DENSITY.

2. That there is no tangible form of motion or energy. That all movement is mechanical effect.

3. That all movement is caused by (1) a difference in density which causes one substance to penetrate another and (2) that when one substance penetrates another, a suction movement with expanding power and a pressure movement with a contracting power is effected.

4. That a balance is established throughout the universe between the expanding movement of suction and the contracting movement of pressure which I have called LAWSONPOISE that causes perpetual movement.

5. That the expanding movement of suction draws together and composes formations and that the contracting movement of pressure squeezes apart and decomposes formations.

6. That currents of varying density and proportions are caused by suction and pressure and that every moveable thing within line of these currents are moved.

7. That the difference in density is the chemical cause and PENETRABILITY is the mechanical effect of all movement.

8. That all bodies are composed of chemical matter but are formed and moved according to the mechanical law of Penetrability.

9. That human beings can by understanding the law of Penetrability and applying its fundamental principles to themselves, so regulate their own movements as to establish balance between the power of suction, which composes them, and the power of pressure, which decomposes them, thereby securing a Lawsonpoise or a condition of growth which will continue at a certain degree of efficiency for an indefinite period.

10. That solids, fluids, air, gases, electricity, light, heat, sound, and mentality are all matter of greater or lesser density and move according to the law of Penetrability and are pulled by suction or pushed by pressure along the lines of the least resistance.

11. That the food man eats is drawn into his body and assimilated by the power of suction and the waste materials are squeezed out of his body by the power of pressure.

12. That the oxygen of the air is drawn into the lungs and into the blood by the power of suction and the waste carbon dioxide is squeezed out through the lungs by the power of pressure.

13. That the blood is pulled to the heart from all parts of the body by the power of suction and is pushed to the lungs and to all parts of the body by the power of pressure.

14. That every bone, muscle, mental fibre, or cell of the body is built up by the power of suction and torn down by the power of pressure.

15. That odors are accepted by the sense of smell through the power of suction and rejected by the power of pressure.

16. That reflected objects of light are drawn to the eye by the power of suction and closed out of it by

the power of pressure.

17. That sound is drawn into the ear by the power of suction and pushed out by the vocal cords by the power of pressure.

18. That mentality is drawn into the brain by the power of suction and transmitted from the brain by the power of pressure.

19. That the particles of which molecules, atoms or electrons or other smaller things are composed are either drawn together by the power of suction or squeezed apart by the power of pressure.

20. That the earth, sun, solar system, and greater formations in space are formed and maintained by the power of suction and deformed and disintegrated by the power of pressure.

21. That mentality is a substance with extratordinary penetrating qualities and is dependent for expression upon specially constructed organs such as the brain of man.

22. That what physiologists call nerve cells scattered all over the system are minute mental organisms with power of expression singly and collectively under the general direction of the brain.

23. That feeling is caused by pressure upon the mental organisms which send the impressions to the center of consciousness.

24. That sound is a substance of great penetrating qualities caused by pressure of various matter and becomes intelligible only through specially constructed organs such as the ear of man into which it is drawn by the power of suction.

25. That it is within the power of man to rebuild himself from the soles of his feet to the top of his hair within a period of 10 years and produce a form and

character in which there will be nothing left of his former self except memory and the will to conquor. Every organ, every muscle, every mental fibre, every mental organism, and even the facial expression can be reconstructed and improved gradually by adjusting the chemical composition with the mechanical movements of the body, thus striking a balance between suction and pressure and getting the Lawsonpoise.

26. That nature sets no limits to man's age or efficiency but that it is his customs and habits that do. That the will to perform makes execution easy and that one must first arouse himself to the desire to succeed before signs of success will appear. That bone and muscle and brain that have been allowed to rot for many years for the lack of proper exercise cannot be remade in a day or a month, but according to the mistreatment they have received, the better treatment they must receive and the longer period it will take to reconstruct them. That it is the finish of a race that counts and every man should endeavor to increase the length of his life so that he will have time to do the very best there is in him before the finish. And that one is never too old to start to grow young again.

The End

THE KEY TO PERPETUAL MOVEMENT

The publishers believe that the following address, made by Alfred W. Lawson to Newspaper Men at Washington, D. C., in September, 1922, and copyrighted at that time, will interest many readers of this book as well as increase their understanding of the Law of Penetrability, which causes everything in the universe to move as well as the movement of man, and therefore include it herein as an additional feature.

Everything in the universe is Density.

The difference in density causes Penetrability.

Penetrability causes Displacement.

Displacement causes Suction.

Suction causes composition and Expansion.

Expansion causes reaction and Pressure.

Pressure causes Contraction.

Contraction causes repulsion and Dceomposition.

Lawsonpoise is the equi-disposition of composition and decomposition which causes Perpetual Movement.

Density consists of varying substances which causes Penetrability and Combination.

Without Penetrability, no movement could take place because one substance cannot move through another substance of equal density.

Penetrability causes solids to move through liquids; liquids to move through air; air to move through gas, etc.

So the first law of movement is PENETRABILITY which causes displacement and regulates speed.

When one substance penetrates another, a moving current is established and any movable formation in line of that current is moved.

All speed in movement is comparative to the penetrability of the substance moving. Substances of lesser density, such as light, heat and electricity moves with far greater rapidity than combinations of gases, liquids and solids.

Displacement puts into movement, two predominant factors—Suction and Pressure—which in turn causes Expansion and Contraction.

By suction formation is drawn together and by pressure, it is squeezed apart.

Suction is an attractive force which pulls together, composes and expands.

Pressure is a repellant force which pushes away, decomposes, and contracts.

All formations are subjected to those two forces and when the power of suction is less than that of pressure, decomposition takes place.

Therefore, expansion is a suction movement which draws in from without and contraction is a squeezing movement which pushes out from within.

An expansion movement in one part of the universe causes a contracting movement in another part of the universe and vice versa.

When pressure squeezes out decomposing substances the space is refilled with new composition by the power of suction.

The perfect functioning of these two opposing forces throughout the universe causes a Lawsonpoise or the equi-disposition of composition and decomposition.

Thus, while density is in a state of constant change still there is no loss anywhere and it is indistructable. And that which cannot be destroyed, could not have been created, and is, therefore, eternal.

The universe has no size nor shape; no inside nor outside, nor a center. It has no limits or boundaries of any kind. There is no such thing as direction in the universe. It is neither a plane, a cube, nor a sphere. It has no such dimensions as squares, triangles or circles. The universe has no time.

Size is but a comparison between bodies or particles in density but the universe has no measurements at all.

The microbe, which is too small to be seen by the naked eye of man, is of enormous size when compared to the different organisms of which it is composed, while the earth, which appears large to men, is but a minute particle when compared to the surrounding heavens.

Man is only able to compare things with which he has become familiar and up to the present time, he has only been able to familiarize himself with those bodies and particles which come within reach of his glasses. So from comparing the movements and dimensions of these bodies he has formulated a system of time and measurements and directions.

The bodies moving through space known as stars, planets, comets, etc., are but minute particles of the universe, either moved by suction for composition purposes or are being pushed away from some greater mass in a decomposed state by a contracting force to be reformed into another mass by suction at another time and place.

It must be understood that the heavens as we know them, occupies but infinitismal space in the universe and the distances between the bodies therein are only comparable with the distances between atoms.

The movements of these bodies in connection with each other are regulated by certain laws which are understood to some extent by men and in accordance with these movements, a system of reckoning has been established, known as the higher mathematics. This system, however, while adequate for computing measurements and movements of the earth and neighboring bodies, is entirely inadequate for computing the measurements of the greater mass formations and more complicated movements of universal Zig-Zag-and-Swirl.

Although no such thing as time exists in the universe, still, a comparison of the movements of bodies in the nearby heavens has afforded a base from which man is enabled to record different periods and subdivide them into smaller units for his own convenience.

Therefore, what appears to man as great stretches of time in the movements of the stars, are in reality, instantaneous movements when compared to the greater stretches of time required for the movements of other and greater masses in the universe, while what appears but an instant to man appears as a long stretch of time to the microbe. So time is merely a form of comparative consciousness.

Man's higher mathematics are limited to three dimensions; length, breadth and thickness. And scientists throughout,he world labor under the impression that if another dimension is found, that all movements in the universe can be calculated from the four dimensions. That is a stupendous error for scientists to make.

While a fourth dimension would undoubtedly be of great service to man and increase his understanding of natural law to some considerable extent, still, the

knowledge gained from one more dimension would be but a fraction of that necessary to understand universal movement which has neither beginning nor end, size nor shape, direction or time, and penetrability of varying density without limits.

The establishment of a limit to universal movement in the mind of man merely establishes a limit to his own conciousness.

Every thing in the universe is interdependent upon every thing else and the movement of any single body only obtains a direction by comparing its movement with the movement of some other body or bodies with which it is associated. Therefore, the direction of its movement can only be understood by man as compared with the number of different bodies or formations that man is conscious of it being associated with.

No thing ever moved in a straight course in the universe, and no thing ever moved in a circle in the universe. No thing ever started to move and returned to the starting point again in the universe. Neither did it take the direction in which it was started. No thing ever remained in the same position nor contained the same composition in the universe even for an instant.

Penetrability of varying density makes possible that any body or particle moves through the universe in countless directions at the same time. A body does not move in a straight course, it does not move in a circle nor in an eliptical, but it moves in what I have termed a zig-zag-and-swirl and is neither going nor coming in any direction.

So it becomes necessary to go beyond man's higher methematics to compute the movements of bodies or

particles in the zig-zag-and-swirl and therefore a system of superlative mathematics must be created for the purpose with the understanding that not only a fourth dimension is needed but innumerable other dimensions as well.

ZIG-ZAG-AND-SWIRL is movement in which any formation moves in a multiple direction according to the movements of many increasingly greater formations, each depending upon the greater formation for movement and upon varying changes caused by counteracting influences of suction and pressure of different proportions.

For example, a germ upon a blood corpuscle might think he is moving in one, two, of three directions only; the direction he takes himself, the direction taken by the corpuscle, and the direction taken by the blood. But still the germ, corpuscle and blood are dependent for further movement upon a greater formation, man, and for this particular example this man walks along the aisle of an Airliner from bow to stern in a westerly direction. His speed is two miles an hour and he moves in an opposite direction from the course of the Airliner which moves at one hundred miles an hour in an easterly direction and at an angle of thirty degrees to the surface of the earth. A forty mile wind blows from the north which causes the Airliner to drift in a southerly direction.

Now, while the Airliner moves in three distinct directions at the same time, i. e., going east, climbing upward, and drifting south; and the man moves in two distinct and opposite directions at the same time, i. e. walking west, and downward at an angle of thirty degrees; and the germ, corpuscle and blood are moving in their respective directions they all depend upon the

greater movements of the earth which is swirling around at great speed and is also moving around the sun at still greater speed. Forthermore, the sun and solar system are also moving in an entirely different direction at a still greater speed.

So there are eleven distinct directions just pointed out that the germ moves and eight different directions that man moves at the same time and all at different speeds.

Thus ZIG-ZAG-AND-SWIRL movement continues without direction or end. The earth, man and germ alike, are pushed and pulled and swirled through the universe in countless directions simulatneously and at varying and unthinkable speeds, changing position each instant by intervening spaces of trillions and more miles. And this is caused by Penetrability with its conflicting currents of varying density moving along the lines of the least resistance.

All formations are caused by suction and their growth and expansion depends upon their power to draw from within being greater than pressure can squeeze from without.

Suction causes a pulling or swirling movement with attraction to the center, as proved by the movement and attraction of the earth, the sun and the solar system or just plain eddies of air.

Everything must move in the direction of the Lawsonpoise, or until it reaches a level between suction and pressure. For example,a piece of wood submerged in water will rise until the suction of the wood equalizes the pressure of the water.

The earth is a living formation and obtains nourishment through the power of suction. It draws into itself life giving substances which enables it to retain its

shape from within by equalizing pressure from without. It undergoes continuous change by drawing in new matter and squeezing out the old. It draws its sustenance from the heavens it passes through and throws back into the heavens the waste matter for re-reformation.

Gravity is simply the attraction of suction and as the earth absorbs its substances principally through its north end, its power of attraction is greatest at that point as proved by the compas.

When a complete survey has been made of both ends of the earth, it will be found that they are both slightly drawn in toward the center and that now matter is drawn in at the north end and waste matter is ejected at the south end.

The earth will gradually lose its power of attraction as it loses Lawsonpoise. That is to say, when suction from within cannot equal pressure from without, permanent decomposition will begin and pressure with a counteracting movement will literally squeeze the life out of it. It will slowly shrivel away and disappear.

The moon is an example of a formation in which pressure has overbalanced suction. It is losing its Lawsonpoise and can no longer draw into itself sufficient sustenance to counteract outside pressure, consequently it is gradually being squeezed to death.

As the moon is drawn along by the suction of the earth, just as the earth is drawn along by the suction of the sun, its matter is gradually being drawn into the earth for sustentation and it is only a question of time when it will have been entirely absorbed by the earth. Ultimately the earth will pass away by the same slow process as well as all other formations.

The general belief that energy or motion is something existent and of a tangible form, is not only contrary to profound reasoning but is also disproved by every movement, great or small in the universe.

There is not a movement, from an organism of the atom, to the superlative mass formations beyond the heavens, that is not the effect of currents caused by penetrability of substances of varying density.

Mentality, light, heat, sound and electricity are all substances of varying density that move in currents along the lines of the least resistance.